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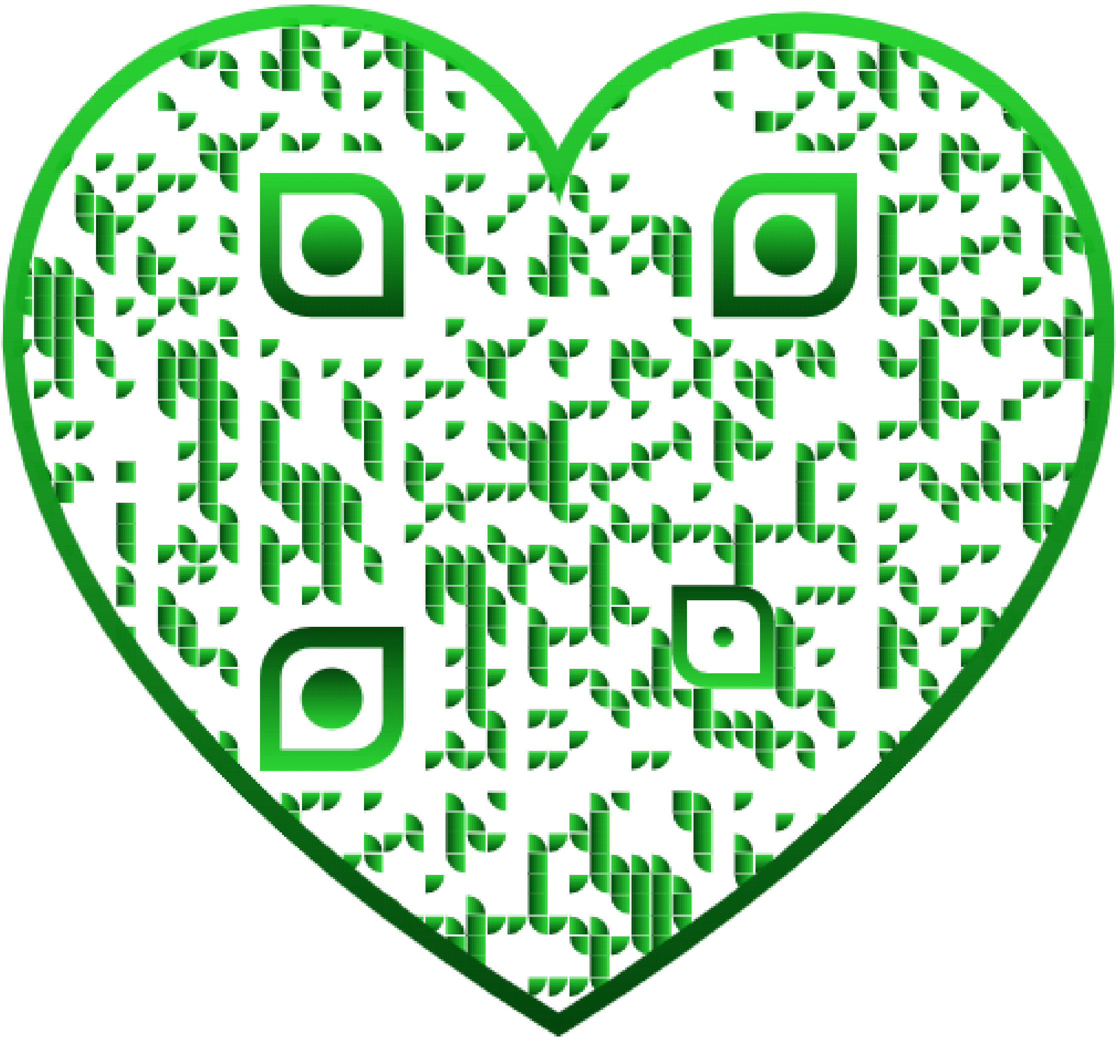

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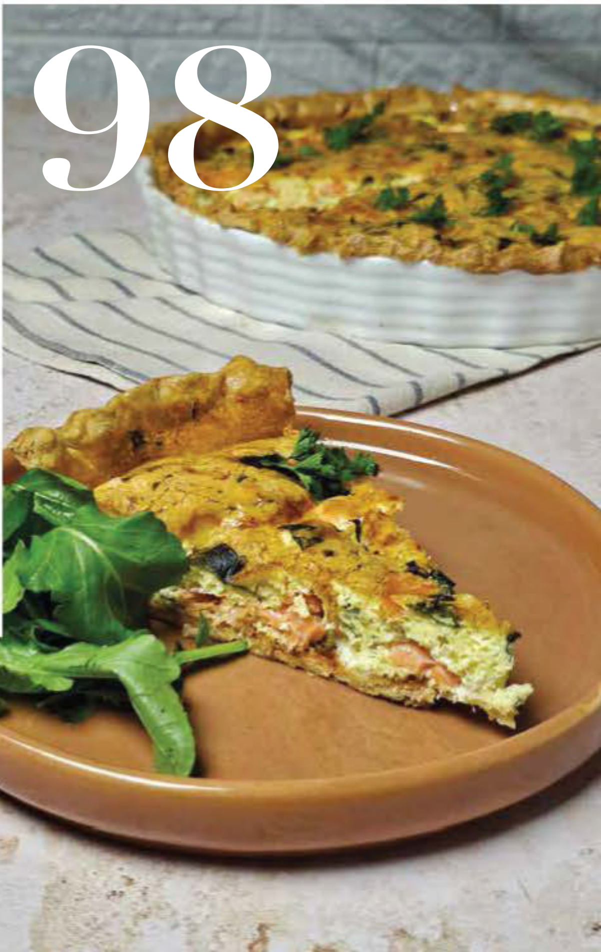

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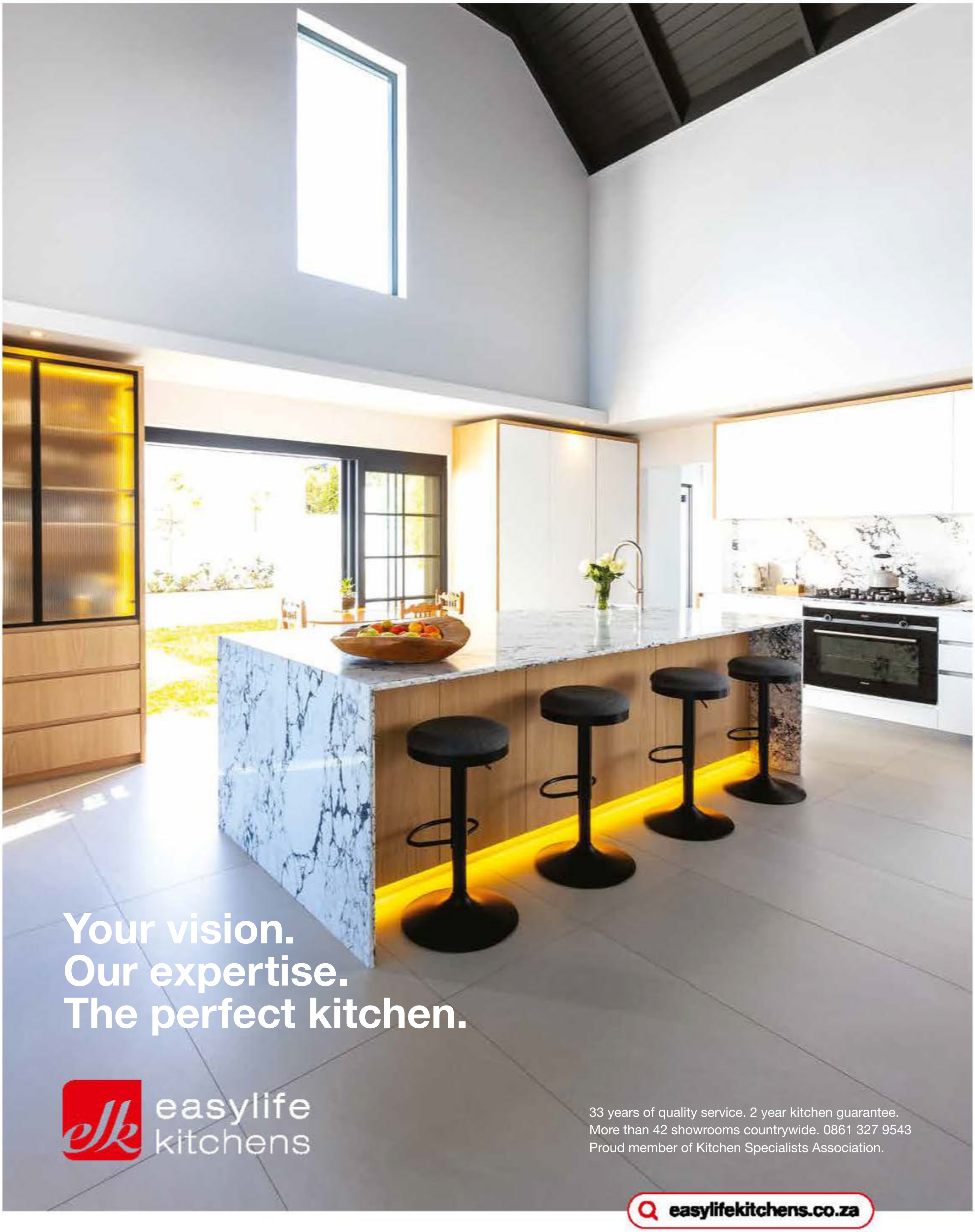
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"Easylife Kitchens provided me with a beautiful kitchen. I had a wonderful experience finalising the design with them, and their installation team was excellent. I also find Easylife Kitchens very accommodating with minor design changes." **Sonnia du Plessis, *De Zalze Stellenbosch***

A few months ago, I experienced what I now call a 'life quake'. If you're unfamiliar with the term, a life quake is a powerful disruption that shakes up your life, shifts your direction and demands transformation. It often arrives unannounced, and it doesn't always feel like it's working in your favour – but it comes with purpose. It comes because your life is calling for change.

If you had told me this earlier, I would not have believed that disruption could be necessary, let alone good. But sometimes it's the only thing that can push you toward the version of yourself that's been waiting to emerge. For me, it happened while I was tending to my sick child in hospital. This cracked something open in me. I drew courage from watching my daughter be so full of joy and fight despite her being sick. It reminded me of what truly matters, and what fuels us in the here and now. And while it was hard, I'm grateful. This life quake shook me into growth. It uncovered parts of me I had buried or forgotten, and invited me to expand beyond what I thought was possible.

So, dear reader, if you're in the middle of a life quake whether through illness, loss, lack, retrenchment, relocation, grief or the unpredictable road of entrepreneurship, I see you. I pray you move through the shock and embrace the beauty that's trying to break through. And if you're like me, learning to trust the process even when it's messy, keep going. Grow through it.

Now, enough about me! You've probably noticed we've made a shift, *BONA* is now a bi-monthly. That means a longer shelf life and more time to make sure you grab your latest copy. And when you do, please tag us on the socials for a chance to win something special. We absolutely love putting this magazine together for you, and we hope you feel that on every single page. With love, from me and the *BONA* family.

Viwe
Editor-in-chief

viwentlebi

Ed's go-to List

Black Boots
R1 299,
Sissy Boy

twist, glo and go
GLO POTION
SKINREPUBLIC
niacinamide 8%
serum stick

Skin Republic GloPotion Niacinamide 8% Serum Stick R195, Superbalist

SKIN CREAMERY
COCONUT, JOJOBA, BAOBAB
THE EVERYDAY CREAM
100 ml

Skin Creamery The Everyday Cream
R109.99, Bash

KIEHL'S
FACIAL FUEL

Kiel's Facial Fuel Invigorating Face Wash
R690, Dermastore

MAC Macximal Satin Mini Lipstick – Dubonnet
R325, ARC

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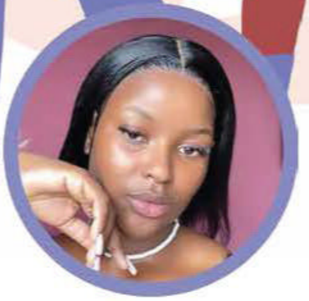
We asked the *BONA* TEAM…

What's one thing about the youth that you think gets overlooked or is underrated?

QAQAMBA FALITHENJWA
EDITORIAL

One thing about the youth that often gets overlooked is our resilience. Amidst high unemployment rates, social challenges and the pressures of navigating identity in a complex society, young South Africans continue to show incredible creativity, drive and hope. Whether it's through entrepreneurship, activism or digital storytelling, the youth are constantly finding innovative ways to rewrite their narratives, and that determination deserves more recognition than it gets. South African youth are insanely talented and so creative, it's mind-blowing.



SILINDOKUHLE BOOI
EDITORIAL

Something that often gets overlooked about the youth is our emotional intelligence and self-awareness. In today's fast-paced world, young people are frequently judged based on their academic achievements or external successes, while our emotional well-being and inner growth is often neglected. Emotional intelligence is crucial for building strong relationships, managing stress and making informed decisions. By recognising and nurturing this aspect of youth development, we can empower young people to navigate life's challenges with greater resilience and confidence. Prioritising emotional intelligence can lead to improved mental health, better relationships and a more fulfilling life.

NOMONDE SIMELANE
EDITORIAL

Our voices and opinions on important matters often gets overlooked. Young people also deserve to be given an opportunity to provide input and solutions for the issues we face as a society.

ZINTLE MDAKA -
EDITORIAL

I'd say one thing about the youth that's underrated is how aware we are of our emotions and how passionately we stand for what we believe in. This is something that is sometimes misunderstood for disrespect.

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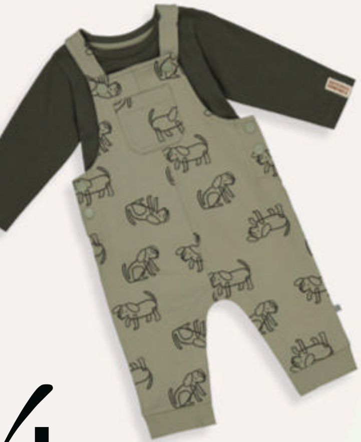

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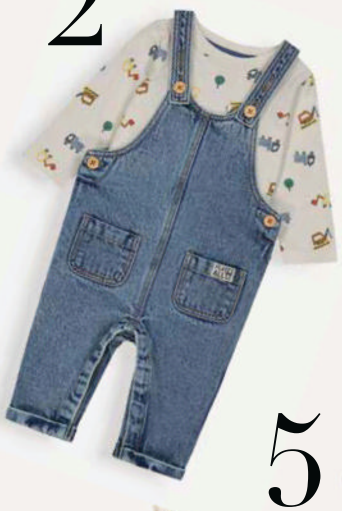

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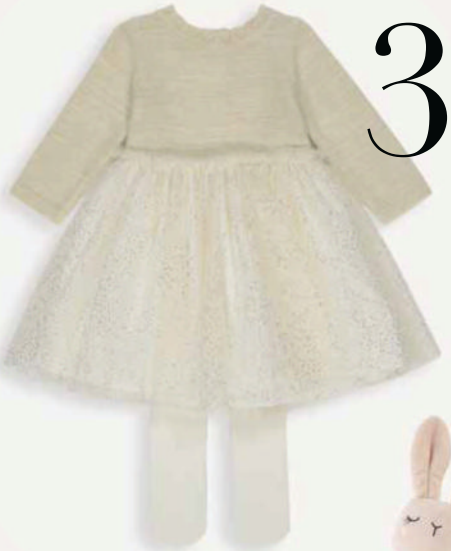

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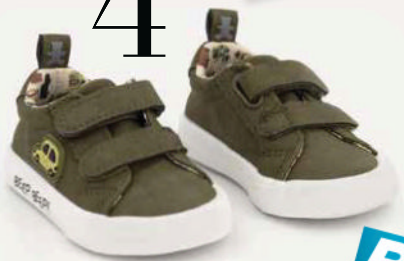

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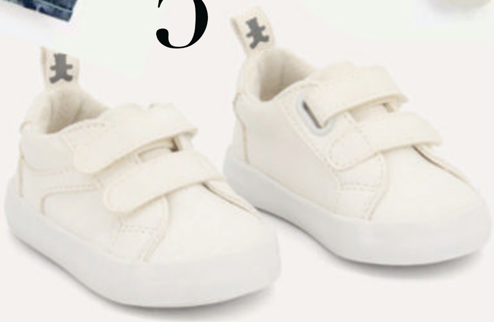

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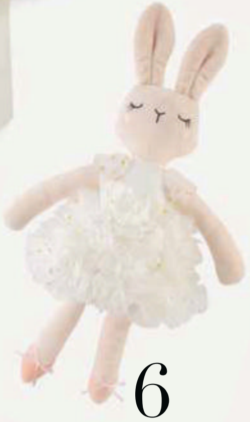

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Buy and post a picture of our current magazine on social media and tag us on Facebook, Twitter or Instagram. Don't forget to use the hashtag **#BonaOnTheMove**.

GENERAL Ts&Cs

***All prizes in** BONA **are subject to availability and are not transferable, resaleable or refundable for cash. Winners are randomly selected. You must be 18 years or older to enter. For further Ts&Cs, visit** bona.co.za.*

Essentials made for babies, loved by parents!

Stand a chance to win a R3 000 voucher for a little one this winter. Let the little ones step into the season with Woolworths Baby's Autumn/Winter '25 essentials, a collection thoughtfully crafted with comfort, safety and timeless style in mind. From soft layers that keep them warm to everyday pieces that make dressing effortless, each item is designed to support parents while keeping babies happy, snug and stylish.

1. Puppy T-shirt & Dungaree Set; 2. T-shirt & Denim Dungaree Set; 3. Smart Knit Dress & Tights Set; 4. Car Vulcanised Sole Sneakers; 5. Double Strap Vulcanised Sneakers; 6. Bunny Ballerina Toy

7

8

9

10

11

12

7. Adventure Time Novelty Facecloths 2 Pack; 8. Adventure Time Coral Fleece Blanket; 9. Hello Sweetheart Novelty Facecloths 2 Pack; 10. Animal Cotton Hooded Towel; 11. Adventure Time Hooded Towel; 12. Earflap Beanie

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Must be over 18. Winners are randomly selected. Offers limited to SA and apply to digital entry only. Ends 30 August 2025. Please allow time for processing and delivery. Ensure that you give the correct cell phone number and address.

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‘ELEGANCE IS GOOD TASTE, PLUS A DASH OF DARING.’ – CARMEL SNOW

FASHION & Beauty

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Easy ways to glow sustainably and responsibly, every day

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A ’90s fashion revival

36 **FASHION**
Winter looks to turn heads

PHOTOGRAPHY: GALLO/GETTYIMAGES, HABARI MEDIA IMAGES

The latest Beauty Products

Our top picks of the month

WORDS Ncumisa Lisa

As the crisp autumn air rolls in, it's the perfect time to update your beauty routine. This season is all about embracing warm, cosy vibes, and the right products can help you look and feel your best. From skin hydration to a sultry, signature scent, these autumn essentials are your go-to for glowing skin, bold lips and an irresistible fragrance that complements the season.

CLARINS
PARIS
Doux Nettoyant Moussant Hydratant
Hydrating Gentle Foaming Cleanser

HYDRATION THAT LASTS ALL DAY

Say goodbye to dryness. The **Clarins Hydrating Gentle Foaming Cleanser** (R235, Superbalist) does it all – removes make-up, deeply hydrates and leaves your skin with a balanced, refreshed complexion. Perfect for normal to dry skin, it transforms from a rich, creamy texture to a soft, lightweight foam that cleanses and nourishes in one step.

GLO POTION
SKINREPUBLIC
niacinamide 8%
serum stick

GLOW IN AN INSTANT

Get your glow on, no matter where you are with the **Skin Republic GloPotion Niacinamide 8% Serum Stick** (R195, Superbalist). This serum stick, packed with 8% niacinamide, is your secret weapon against pigmentation and enlarged pores. Whether you're looking for an on-the-go skin boost or a full-face overnight treatment, it hydrates, evens out your skin tone and gives you that lit-from-within glow.

BURGUNDY POUT: THE TREND YOU NEED TO TRY

The rich burgundy trend is everywhere this autumn, and your lips deserve to be on point. The **MAC Macximal Satin Mini Lipstick – Dubonnet** (R325, ARC) delivers a creamy, satin finish that lasts up to eight hours. With full-coverage, pigment-rich payoff, your lips will feel smoother, look richer and stay hydrated all day long. It's the ultimate autumn accessory.

KAY ALI
LOVEFEST
BURNING CHERRY | 48
ALL OVER BODY SPRAY
125 ML / 4.2 FL. OZ

SULTRY AND ADDICTIVE

If you're craving a scent that lingers, look no further. The limited-edition **KAYALI Lovefest Burning Cherry Body Spray** (R960, ARC) is a softer take on the original, offering a mesmerising and sultry fragrance that envelops you in a continuous mist. From morning to night, this versatile body spray layers effortlessly.

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Conscious About Beauty

Easy ways to glow sustainably and responsibly, every day

WORDS Ncumisa Lisa

W

We love them for the glow-ups, indulgent self-care rituals and undeniable confidence boosts – but let's get real, traditional beauty habits aren't always kind to our planet. From plastic packaging piling up in landfills and oceans to excessive water usage contributing to global scarcity, the beauty industry has some significant sustainability challenges to tackle.

Thankfully, sustainable beauty is reshaping the industry as conscious consumers increasingly choose products that care for both their skin and the planet. Trends such as eco-friendly packaging, responsibly sourced natural ingredients and cruelty-free formulas are pushing brands towards greener and cleaner practices.

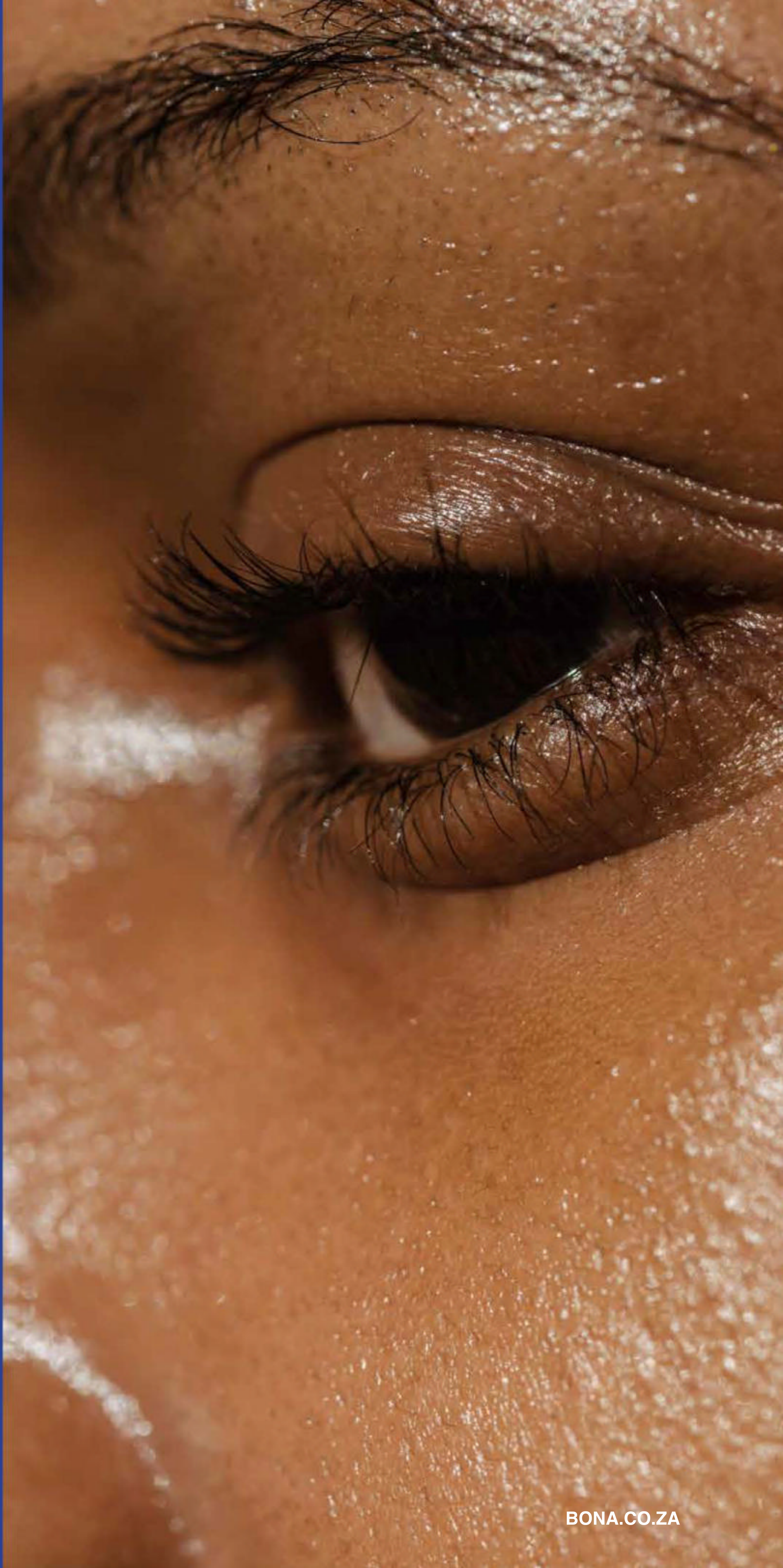
Thinking of making your beauty routine more sustainable? Now is the perfect time to start. Switching to eco-conscious products isn't just beneficial for the environment – your skin will thank you too. Even small changes in your daily beauty regimen can make a big global difference, proving that style, results and sustainability can coexist harmoniously.

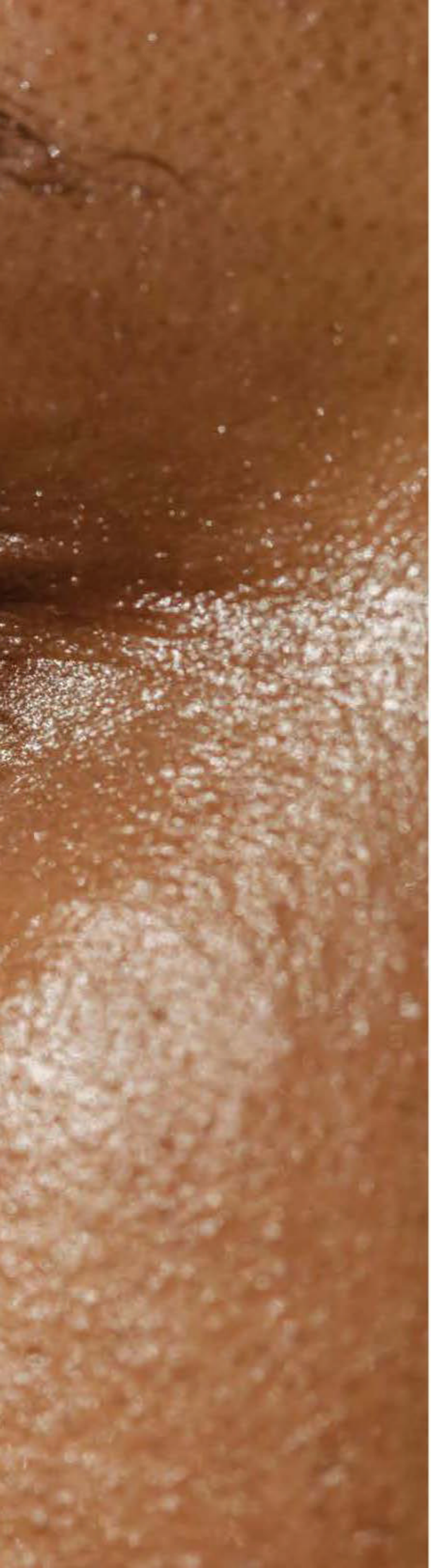
Sustainable Beauty Made Simple: Upgrade Your Routine

Ready to glow responsibly? Here's how:

DITCH SINGLE-USE PRODUCTS

Forget filling your bathroom shelves with endless single-use items. Embrace multi-tasking heroes that reduce clutter and waste. Think reusable bamboo cloths instead of disposable wipes and rich make-up remover balms or creams that are kinder to your skin and our planet.





EVEN SMALL CHANGES IN YOUR DAILY BEAUTY REGIMEN CAN MAKE A BIG GLOBAL DIFFERENCE

INVEST IN REUSABLE TOOLS & REFILLS

Swap out disposable cotton pads for organic cotton rounds, and turn old mascara wands into eyebrow brushes for precise grooming. Look for beauty brands offering refillable options for staples like moisturisers and serums. Not only does this save on packaging waste, but it also makes your routine feel elegantly intentional.

OPT FOR MINIMALIST PACKAGING

Excessive packaging is out. Opt for sustainable alternatives like recyclable glass and aluminium for your skincare essentials. Seek brands using recycled materials or refillable containers to effortlessly reduce waste and support a greener planet.

GO MULTI-PURPOSE

Streamline your beauty regimen with multitasking products – think moisturisers with SPF or cleansers doubling as make-up removers. Fewer products mean less packaging, less waste and a simplified routine.

SUPPORT CRUELTY-FREE & VEGAN BRANDS

Sustainable beauty is not just about the environment; it's about ethics, too. Opting for cruelty-free and vegan products ensures that no animals are harmed, while also reducing the environmental footprint linked to animal agriculture. Feel good inside and out knowing your choices make a difference.

Sustainable Beauty Brands You'll Love

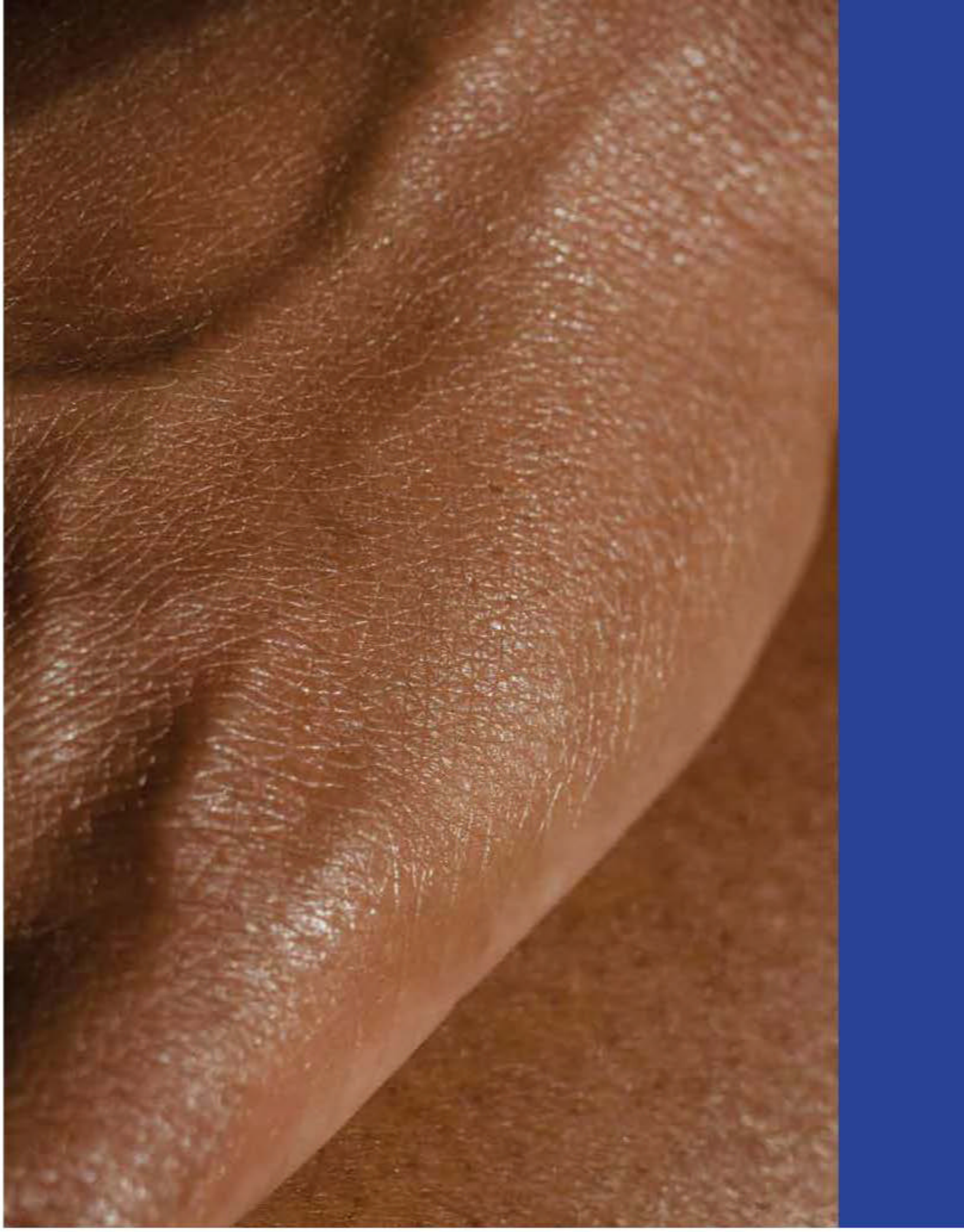
1. SKOON

SKOON stands out with its dedication to clean, effective formulations inspired by the beauty of South African flora. Featuring hero ingredients like rooibos, honeybush and buchu, SKOON prides itself on creating skincare that's as wholesome as it is luxurious. All products are verified by the Environmental Working Group (EWG), ensuring they're free from parabens, microbeads, synthetic colours, fragrances, formaldehyde and silicones.

MUST-HAVE: The **HYDROSURGE Pro-Collagen NanoPillow Serum** (R799.95, *skoonskin.com*) is your next skincare obsession. Packed with 20% hyaluronic acid, vitamin C and collagen amino acids, this serum deeply hydrates and revitalises tired skin, leaving you refreshed, dewy and beautifully radiant.

DNA
SKOON.
WOW-WOW WONDER+
Pro collagen nanopillow face serum
ALL | DEHYDRATED SKIN
30x0.035g (0.001 oz)
SKOON.
WOW-WOW WONDER+

SUSTAINABLE BEAUTY IS RESHAPING THE INDUSTRY



2. LELIVE

When it comes to sustainability, Lelive truly does it all. Boasting over 95% natural ingredients like green rooibos, shea butter, marula, moringa and aloe, Lelive proves clean beauty can be both high-performing and eco-conscious. All their products are vegan, reef-safe, cruelty-free and packaged thoughtfully using aluminium, glass and FSC-certified paper.

MUST-HAVE: The **3-Step Routine | Clarify, Brighten + Glow Set** (R834, *leliveafrica.com*) streamlines your skincare regimen with sustainably sourced African ingredients and scientifically backed actives. It's ideal for targeting dark spots, hyperpigmentation, dehydration and acne, giving you clear, bright and luminous skin effortlessly.

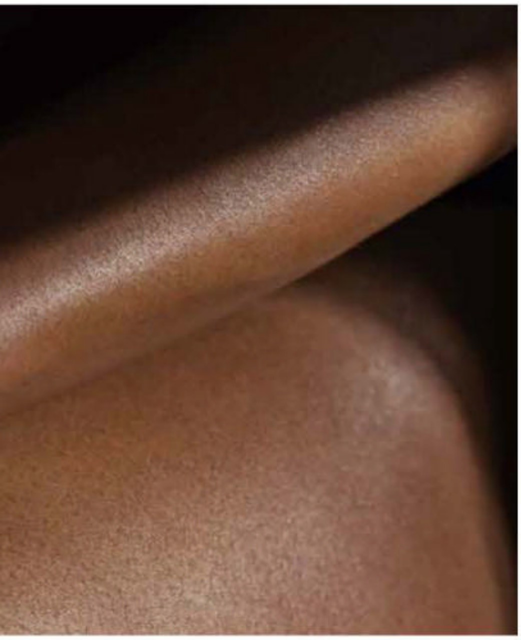
lelive.
lelive.
lelive.
lelive

3. KUDU COSMETICA

If ethically sourced and potent natural ingredients are your vibe, Kudu Cosmetica is your new skincare staple. Committed to minimal environmental impact and maximum results, Kudu's unique cold-press extraction method ensures their oils are nutrient-rich and intensely nourishing. Plus, their products are biodegradable, versatile and perfectly tailored for every skin type, whether balanced, dry or oily.

MUST-HAVE: The **Squalane Serum** (R369, *kuducosmetica.com*) is pure skin bliss. It absorbs instantly, leaving you with a silky, glass-skin glow minus the oily residue. Suitable even for sensitive skin, it's the ultimate secret to achieving effortlessly flawless skin.

kudu
SQUALANE



4. SKIN CREAMERY

Skin Creamery simplifies skincare with a minimalistic, effective approach. Their thoughtfully curated range includes six versatile, easy-to-use core products designed for the conscious beauty enthusiast. Committed to ethical practices, they offer 100% natural formulations, avoid animal testing and animal-derived ingredients and actively minimise plastic use.

MUST-HAVE: The Everyday Cream (R308, Woolworths) is a multitasking marvel, light enough for your face yet deeply nourishing for your body. Its non-comedogenic, mineral oil-free formula ensures hydration without clogging pores, making it an effortless addition to your daily routine.

SKIN
CREAMERY
COCONUT, JOJOBA, BAOBAB
THE EVERYDAY CREAM
100 ml

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fundamentals

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A highly effective body spray to help manage body acne, keratosis pilaris, dark marks and ingrown hairs.

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Body Polish

- Manage Keratosis Pilaris
- Reduce Body Acne
- Strawberry Legs
- Ingrown Hairs

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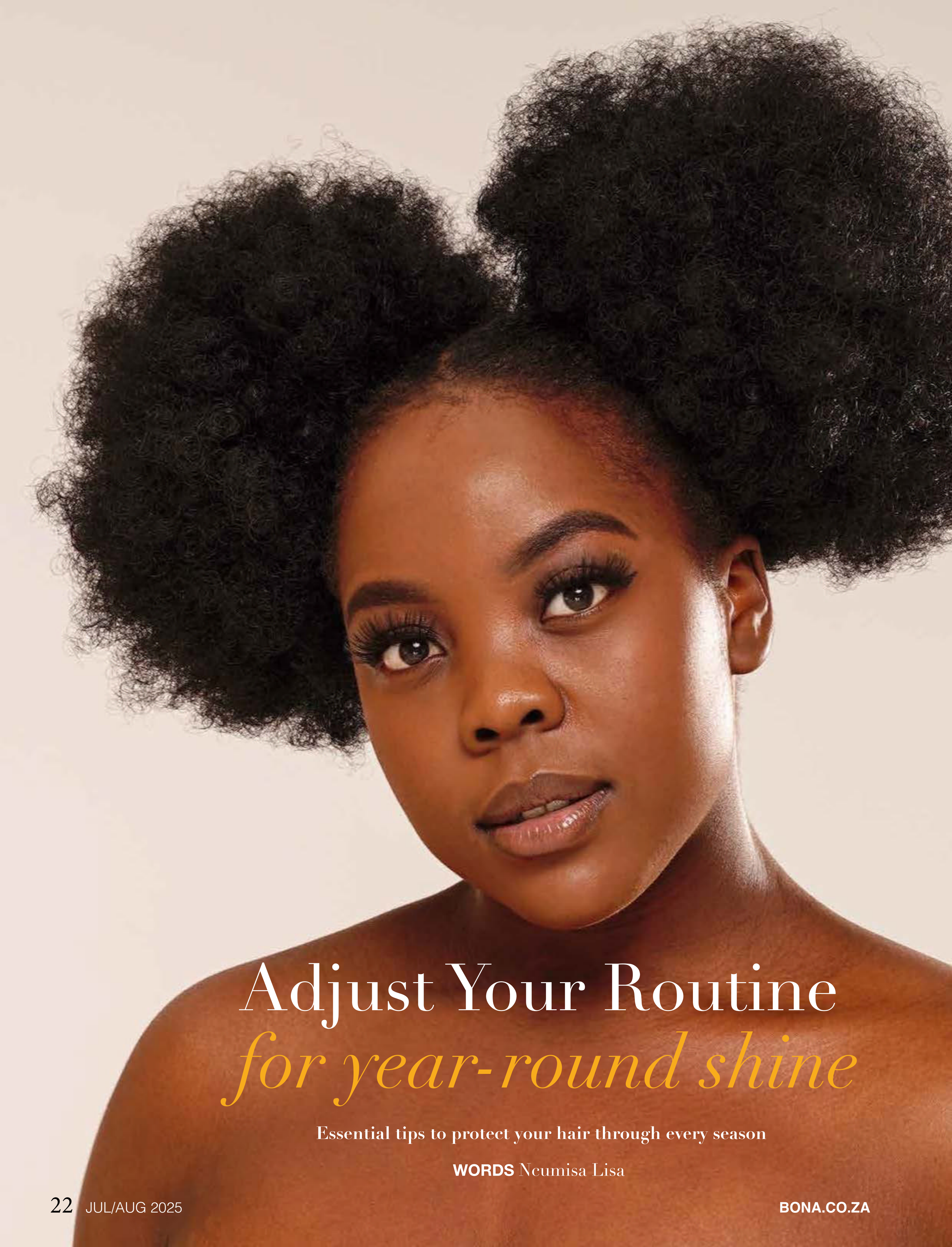
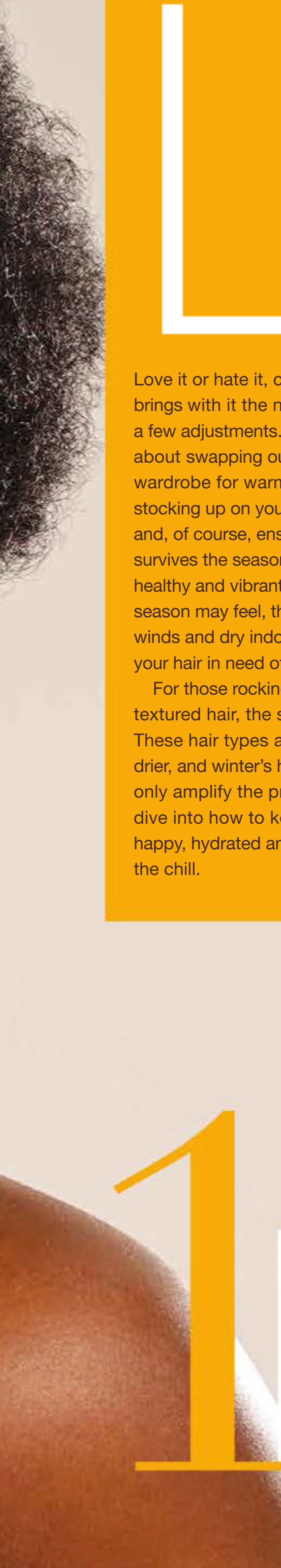


Adjust Your Routine *for year-round shine*

Essential tips to protect your hair through every season

WORDS Ncumisa Lisa



Love it or hate it, colder weather brings with it the need to make a few adjustments. We are talking about swapping out your lighter wardrobe for warmer clothes, stocking up on your favourite treats and, of course, ensuring your hair survives the season while still looking healthy and vibrant. As cosy as the season may feel, the cold air, harsh winds and dry indoor heat can leave your hair in need of a little extra TLC.

For those rocking coily or tightly textured hair, the struggle is real. These hair types are naturally drier, and winter's harsh elements only amplify the problem. Let's dive into how to keep your curls happy, hydrated and strong through the chill.

1

PRE-SHAMPOO MAGIC: A STEP YOU CAN'T SKIP

Before you hit the shower, show your hair some love with a moisturising pre-shampoo. This treatment not only adds a boost of hydration but also detangles your curls, making the wash process easier and safer for your strands. By applying it on dry hair, you allow your curls to absorb the moisture first, reducing the risk of breakage while you cleanse.

Pro Tip:
For a deeper moisture boost, leave the pre-shampoo on for up to 30 minutes before rinsing.

Try It:
TRESemmé Pro Collection Detangling Butter Pre-Wash (R89, Clicks) – Packed with coconut oil and aloe vera, this pre-shampoo helps retain moisture and keeps your hair sleek and smooth.

TRESemmé
USED BY PROFESSIONALS
PRO COLLECTION
PRE-WASH
DETANGLING BUTTER
MANTEIGA DESENBARAÇADA
DE PRÉ-LAVAGEM
300 ml
BOTANIC
MOISTURE & REPLENISH
HIDRATANTE & REPARADOR
WITH COCONUT MILK & ALOE VERA
COM LEITE COCO E ALOE VERA
EASIER TO DETANGLE AND REDUCES BREAKAGE

2

MOISTURE, MOISTURE, MOISTURE!

When winter rolls in, the drop in humidity leaves hair feeling parched. So, what's a girl to do? You've got to double down on hydration. Think nourishing oils like argan or coconut. These oils penetrate deep into the hair shaft, moisturising from within while soothing the scalp.

MASODI
ALL IN-ONE
hair oil
OIL THERAPY
200 ml / 6.76 oz

Try It:
The Masodi All In-One Hair Oil (R139, Clicks) – This oil is your winter hair superhero, offering deep hydration and reducing breakage while keeping your scalp nourished. Plus, it's free from parabens, sulphates and mineral oils.

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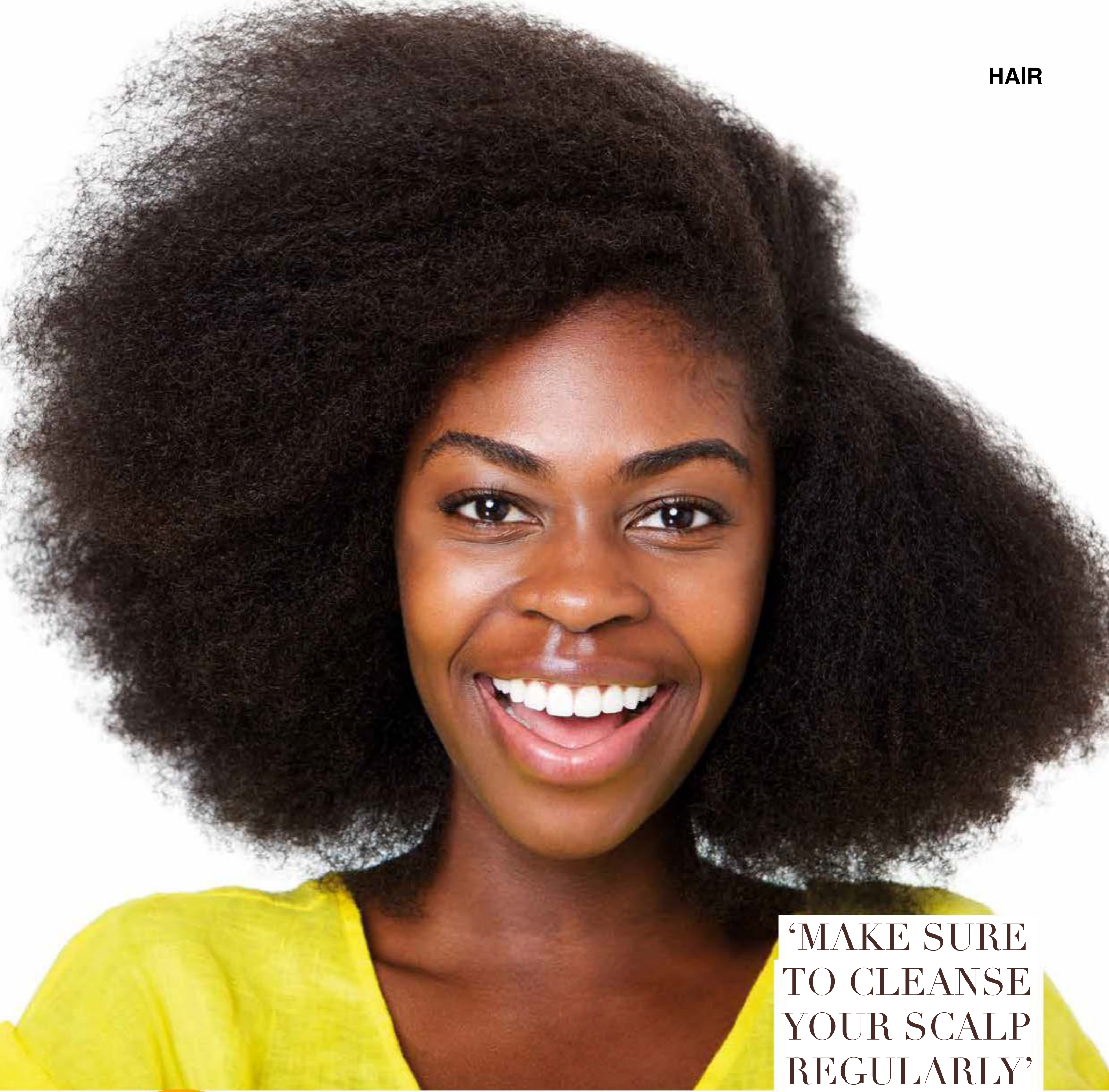

‘MAKE SURE TO CLEANSE YOUR SCALP REGULARLY’

3

DEEP CONDITIONING IS YOUR BEST FRIEND

Let’s be real, winter is the perfect excuse to indulge in some extra deep conditioning. Whether you deep-condition once a week or every wash day, this step is key to keeping your curls soft, hydrated and shiny. A good deep conditioner helps restore moisture and can even help prevent damage from cold weather. For maximum benefits, try applying your treatment with a little heat – wrap your hair in a shower cap and let a blow dryer on low heat or a steam treatment work its magic.

Remember:
While protective styles are a saviour, you still need to keep up with your haircare routine underneath. Make sure to cleanse your scalp regularly and moisturise your hair to prevent build-up.

PROTECTIVE STYLING: YOUR HAIR'S WINTER COAT

Winter means less sun exposure, but it also means more time spent battling chilly winds that can dry out your curls. That's where protective styles come in. Styles like braids, twists, buns or wigs help shield your hair from the harsh elements, keeping moisture in and damage out. Not only do these styles preserve your strands, they also allow you to stretch out your wash days, giving your hair a well-deserved break from constant manipulation.

Try It:
The Native Child Deep Conditioner (R136.40, *nativechild.co*) – This paraben and sulphate-free conditioner is packed with goodness to rehydrate and strengthen your hair, leaving it soft and manageable.

nativechild
Co Wash
DEEP CONDITIONER
Sulfate & Paraben Free

Get Your Glow On:

Join The Harvest Table's Collagen Challenge:

Radiance Edition.

Say goodbye to dullness and hello to a vibrant, youthful you.
Let's get glowing!
MULTI COLLAGEN RADIANCE

Dr Dudu Kgoebane, Brand Ambassador

Glow from the inside out with The Harvest Table's Multi Collagen Radiance, a customer favourite for radiant skin. This powerhouse formula blends types I, III, V, and X collagen with vitamin C, zinc, and eggshell membrane - rich in hyaluronic acid and elastin - for a beauty boost like no other.

Founder Cath Clark invites you to join the Collagen Challenge: Radiance Edition, a two-week guided journey with a personal collagen coach, healthy recipes, and a supportive community. Focused on hydration, gut health, and skin vitality, it's your go-to guide for youthful, glowing skin.

Vitamin C improves skin elasticity
Source of Type I, III, V, and X Collagen
Zinc helps with conditions like acne
Elastin maintains elasticity & firmness
MULTI COLLAGEN RADIANCE
350 g
Hyaluronic acid retains moisture keeping skin hydrated & plump.

Since 2024, over 5,000 women have joined and seen amazing results. **Starting August 9th, in celebration of Women's Day, sign up at wholehealthyme.co.za and get your essentials at harvesttable.co.za.** Revolutionise not just your skin, but your overall wellness.

SCAN ME

Ready to glow?

Scan here to join the challenge!

BATTLE THE FRIZZ: LOCK IN MOISTURE

Humidity may be lower in the winter, but frizz is still a concern, especially for 4c-haired beauties. The key to fighting frizz is using anti-frizz products that lock in moisture. Look for leave-in conditioners or serums with humectants like glycerine that draw moisture into your strands and keep your curls defined and smooth. And as tempting as it might be to reach for your flat iron, resist – heat styling can exacerbate dryness and frizz.

Aunt Jackie's
Grapeseed Style & Shine Recipes
frizz patrol
Setting Mousse
Hydrating Elixir Sets Curls, Waves, Coils and Textured Hair Styles In Place

Try It:
Aunt Jackie's Grapeseed Frizz Control Setting Mousse (R134, Clicks) – This mousse helps control frizz while enhancing curl definition, perfect for when you want to keep your curls smooth and frizz-free.

PHOTOGRAPHY: ISTOCK, PEXELS, COURTESY IMAGES
PRICES CORRECT AT TIME OF PRINT AND SUBJECT TO CHANGE

Rough Winter, Smooth Skin

Essential products for men this winter

Words
Shaneen Noble

Winter is brutal on the skin. Cold weather conditions can strip away moisture and leave the face flaky and irritated. From heavy-duty moisturisers to hydrating cleansers, here are the must-have products every man needs to keep his skin protected this season.

KIEL'S FACIAL FUEL INVIGORATING FACE WASH

The last thing you need is a product that strips away your skin's natural oils, which makes this gel-based cleanser ideal. It also prepares the skin for a more comfortable shave. **R690, Dermastore**

KIEHL'S
FACIAL FUEL
INVIGORATING FACE WASH
GEL CLEANSER FOR MEN
8.4 fl. oz. - 250 ml

CLARINS MENS SUPER MOISTURE LOTION SPF20

Winter requires extra moisture, and everyone still needs protection against UV rays. This oil-based moisturiser is lightweight, beard-friendly and will provide the skin with extra hydration. **R680, Bash**

Labello
24h MOISTURE
MEN ACTIVE
Labello

LABELLO MEN ACTIVE SPF15 LIP BALM

Cracked lips are a common concern in winter. Enriched with shea butter, combat chapped lips with this 24-hour protective lip balm. **R39.99, Woolworths**

CHARLOTTE RHYS VICTOR SHAVING GEL

Nothing is more unpleasant than having to deal with painful skin in cold weather. This scientifically formulated gel is gentle, softens stubborn stubbles and provides much-needed moisture to the skin for a close shave. **R197, Woolworths**

CHARLOTTE RHYS
CAPE TOWN
SHAVING GEL
KIND TO YOU KIND TO NATURE
MEN
75ml
2.5 fl. oz
CHARLOTTE RHYS
CAPE TOWN
SHAVING GEL
MEN

EPI-MAX MAN CREAM 400 G

Cold weather means more hot showers, but as lovely as they may be, they can strip the skin of its oils. This body cream is enriched with glycerine, which enhances skin regeneration and creates a protective barrier against moisture loss. **R124.99, Dis-Chem**

epimax
man
cream
emollient moisturiser
for all skin types
400 g

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ROOIBOS MAN SKIN CARE

Words
Zoë van Stavel

THE ’90s FASHION REVIVAL

Here’s how to wear the clothes of that era in 2025

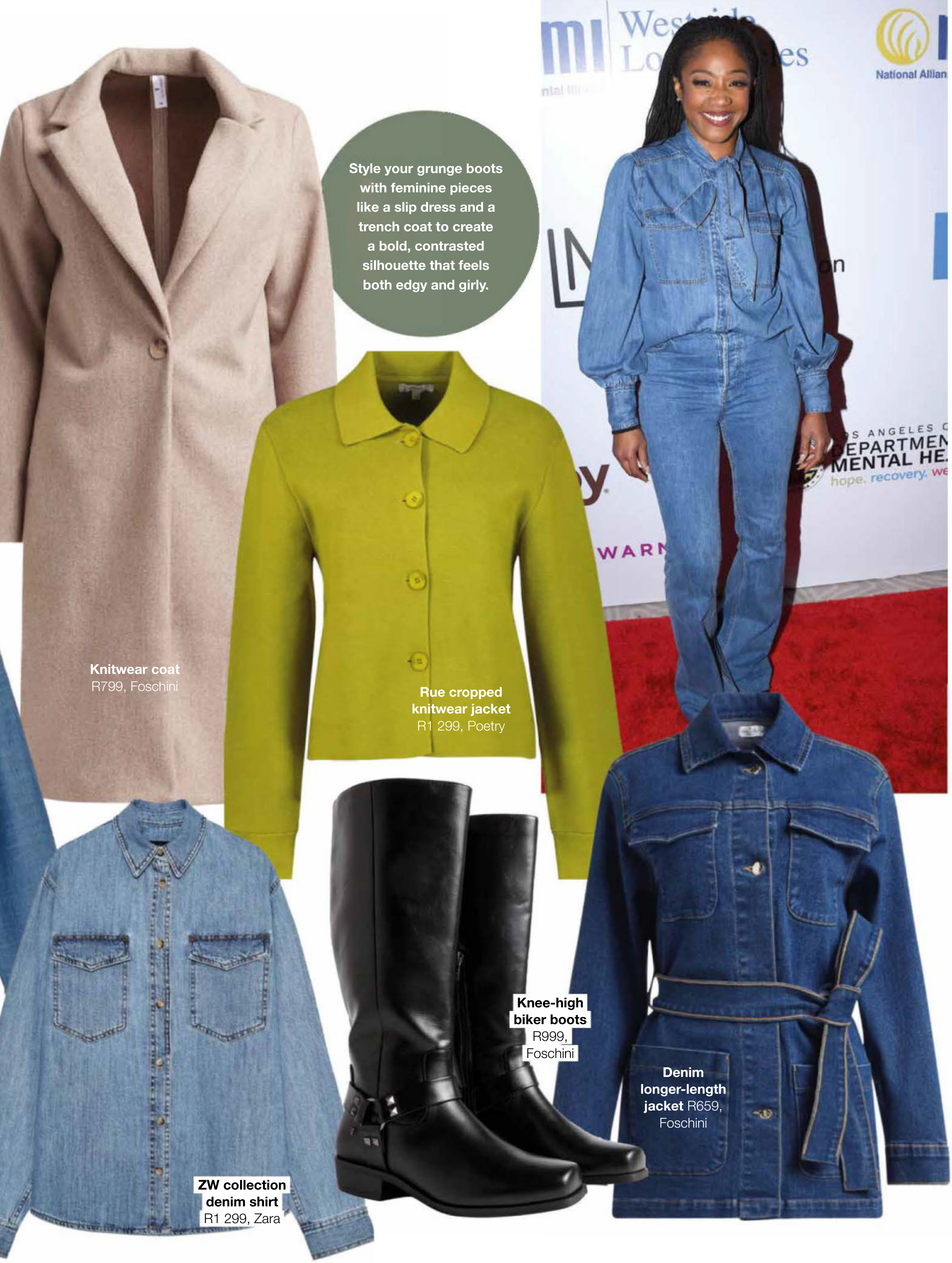
ZW collection wide-leg mid-rise jeans
R899, Zara

Bomber jacket with pockets
R1 099, Zara

Black boots
R1 299, Sissy Boy

Lean into the ’90s with a pair of grunge boots, your favourite denim staples and a long coat.

Style your grunge boots with feminine pieces like a slip dress and a trench coat to create a bold, contrasted silhouette that feels both edgy and girly.


Westside Los Angeles
National Alliance
Los Angeles County Department of Mental Health
hope. recovery. we
WARN

Knitwear coat R799, Foschini

Rue cropped knitwear jacket R1 299, Poetry

Knee-high biker boots R999, Foschini

Denim longer-length jacket R659, Foschini

ZW collection denim shirt R1 299, Zara

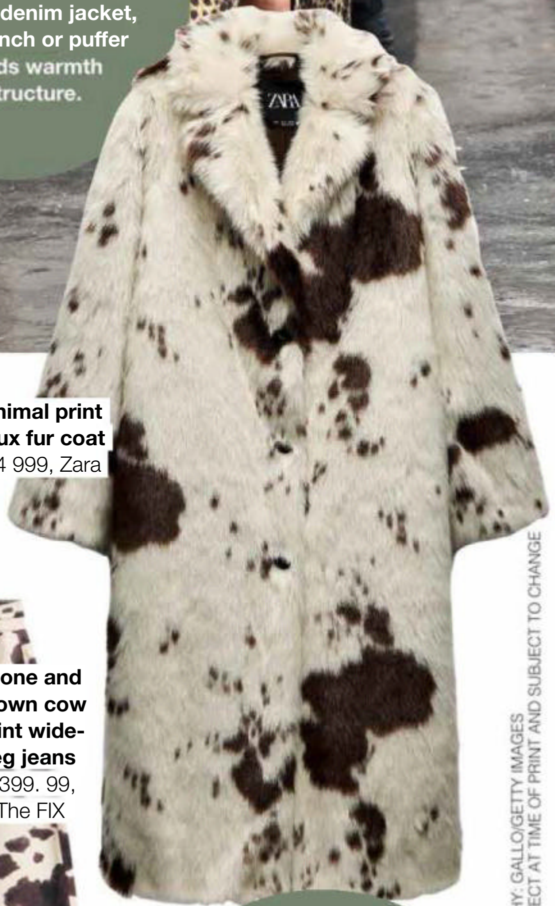
Knitted jumper
R329, H&M

Betty button poncho R799,
Forever New

Denim isn't the warmest fabric, so layering is key. A knit turtleneck or hoodie works perfectly under your denim jacket, while a trench or puffer coat adds warmth and structure.

Fluffy knit cardigan
R1 399, Poetry

Corduroy trousers
R429, H&M



Animal print faux fur coat
R4 999, Zara

Stone and brown cow print wide-leg jeans
R399. 99,
The FIX

Black bow mini dress
R999, YDE

Let your animal print be the statement. Keep the rest of your outfit neutral or monochrome for balance. Think an animal print faux fur coat over an all-black turtleneck and trousers, or a white top with straight-leg blue jeans.

PHOTOGRAPHY: GALLO/GETTY IMAGES
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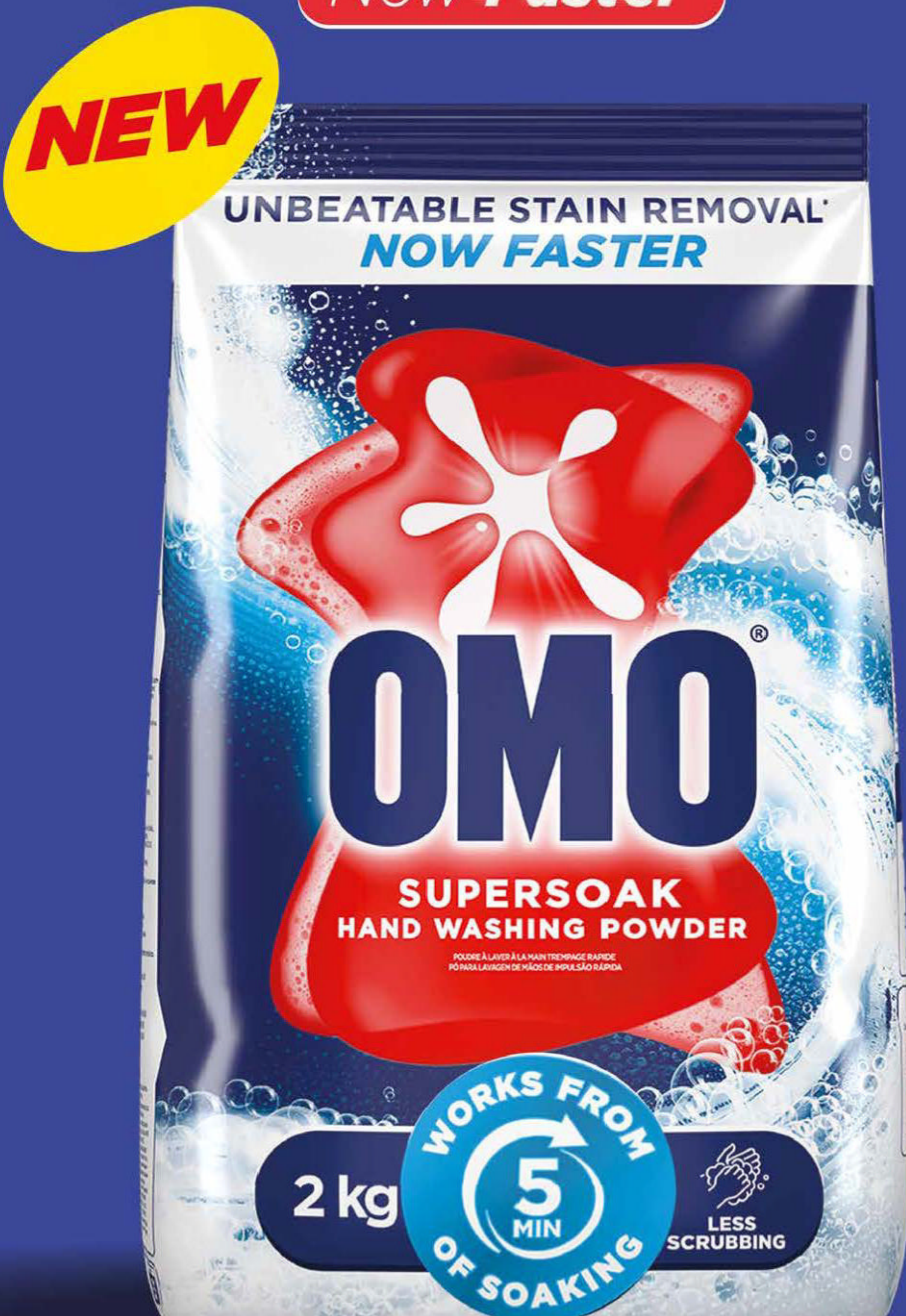
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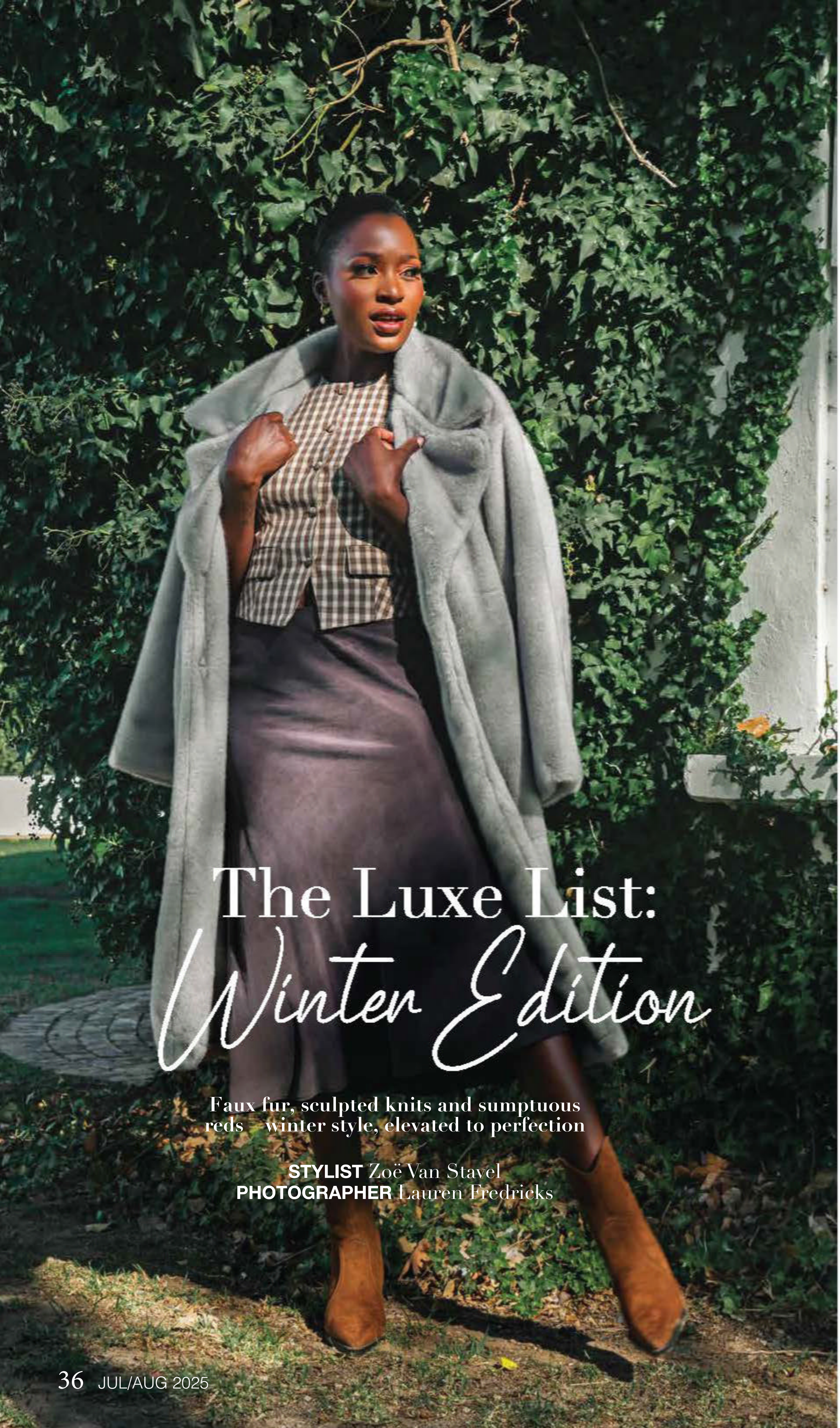
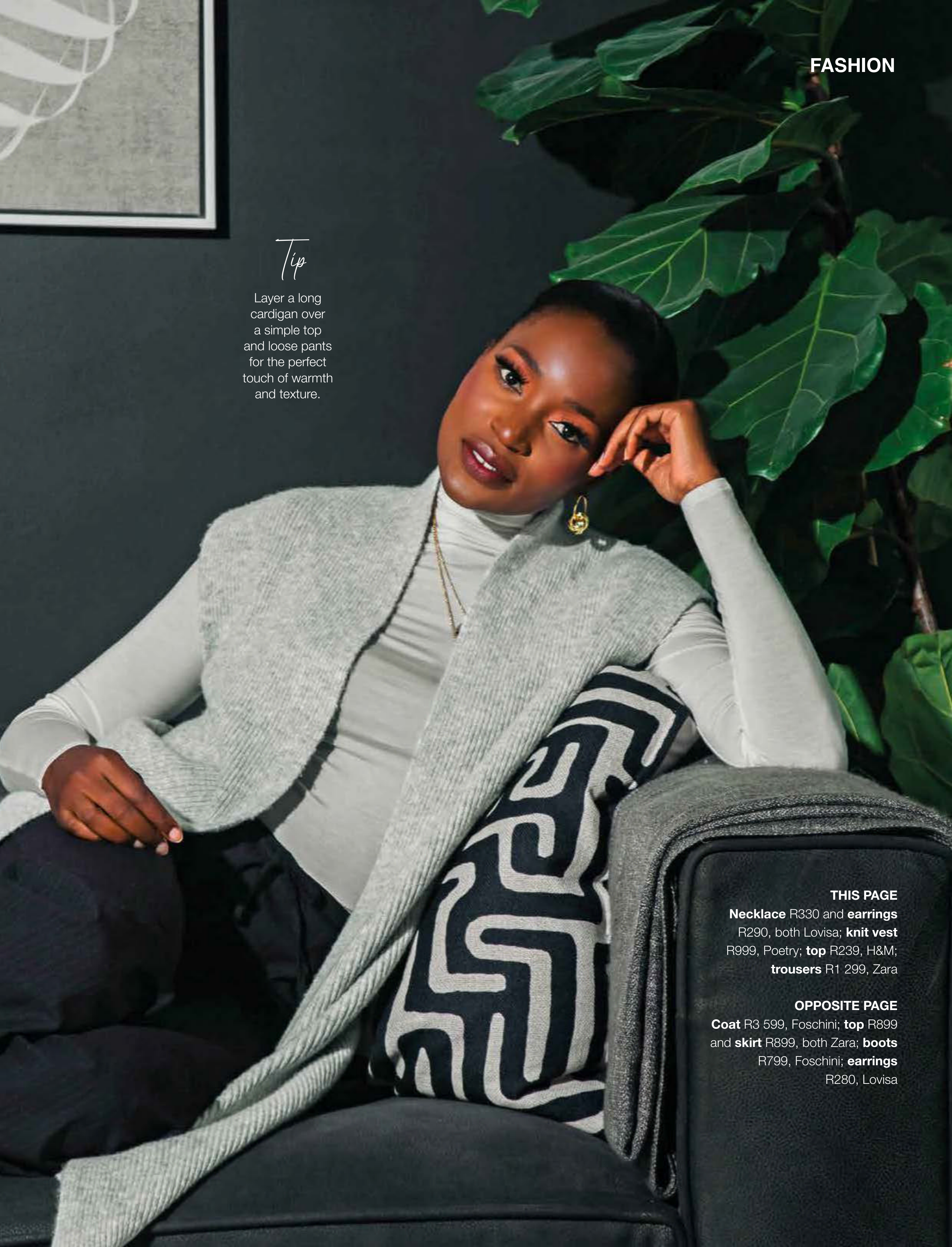
HAND WASHING POWDER
POUDRE À LAVER À LA MAIN TREMPAGE RAPIDE
PÓ PARA LAVAGEM DE MÃOS DE IMPULSÃO RÁPIDA
2 kg
WORKS FROM 5 MIN OF SOAKING
LESS SCRUBBING



The Luxe List: *Winter Edition*

Faux fur, sculpted knits and sumptuous reds – winter style, elevated to perfection

STYLIST Zoë Van Stavel
PHOTOGRAPHER Lauren Fredricks



Tip

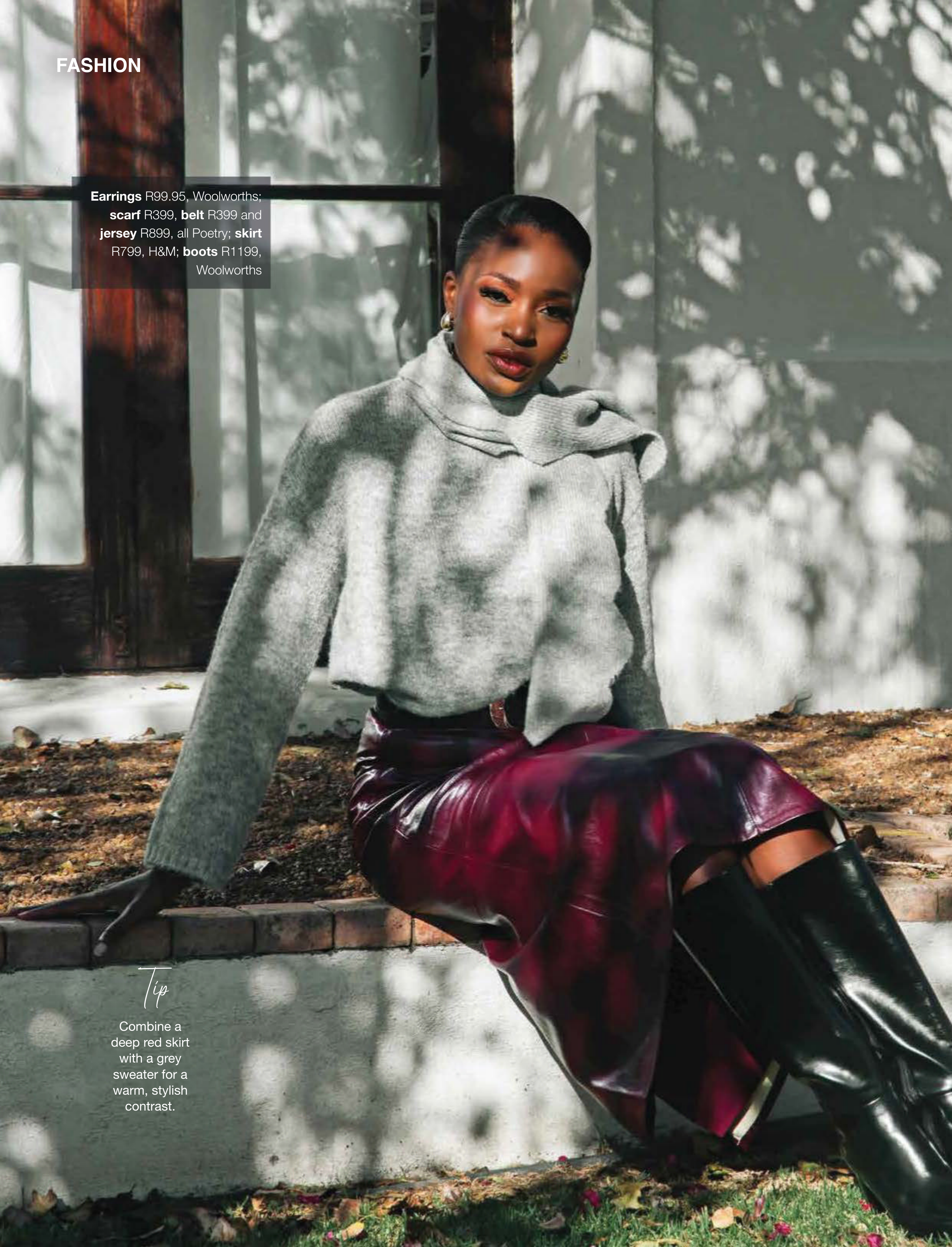
Layer a long cardigan over a simple top and loose pants for the perfect touch of warmth and texture.

THIS PAGE

Necklace R330 and **earrings** R290, both Lovisa; **knit vest** R999, Poetry; **top** R239, H&M; **trousers** R1 299, Zara

OPPOSITE PAGE

Coat R3 599, Foschini; **top** R899 and **skirt** R899, both Zara; **boots** R799, Foschini; **earrings** R280, Lovisa



Earrings R99.95, Woolworths; **scarf** R399, **belt** R399 and **jersey** R899, all Poetry; **skirt** R799, H&M; **boots** R1199, Woolworths

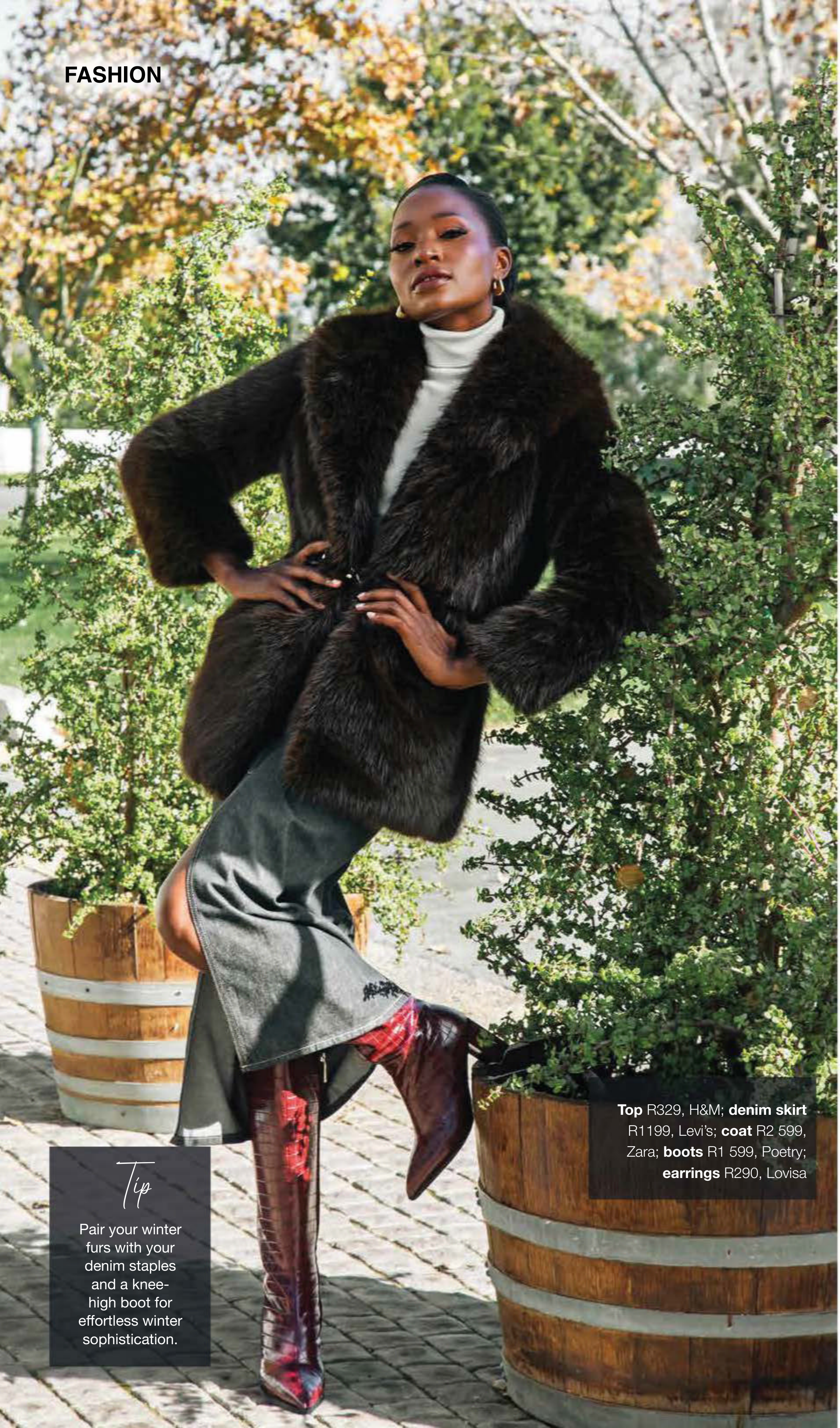
Tip

Combine a deep red skirt with a grey sweater for a warm, stylish contrast.

Coat R1 499, Foschini; **cardigan** R699, **pants** R649 and **loafers** R599, all Woolworths; **earrings** R300, Lovisa

Tip

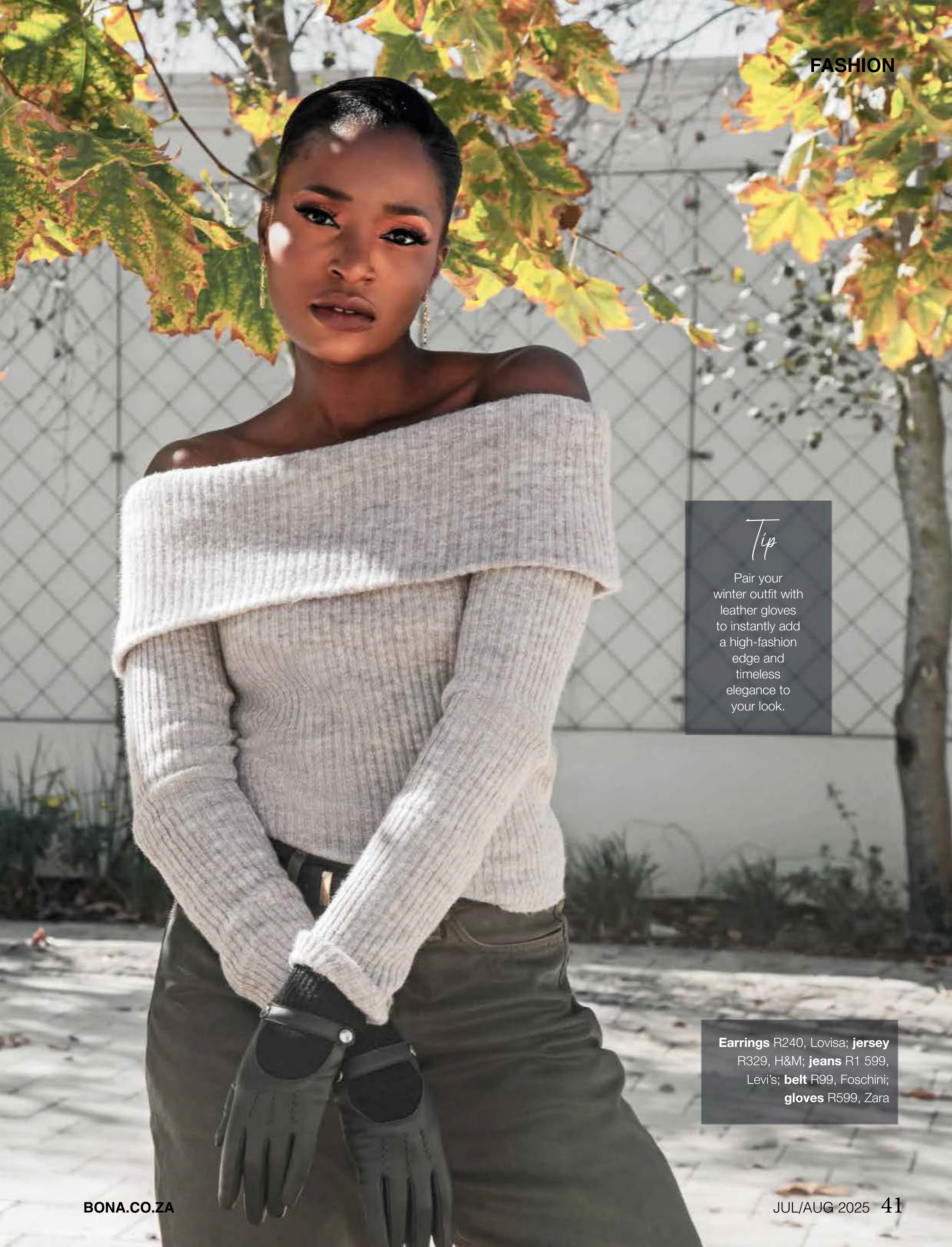
Style your cropped fur jacket with a comfy co-ord set for casual luxe every day.



Top R329, H&M; **denim skirt** R1199, Levi's; **coat** R2 599, Zara; **boots** R1 599, Poetry; **earrings** R290, Lovisa

Tip

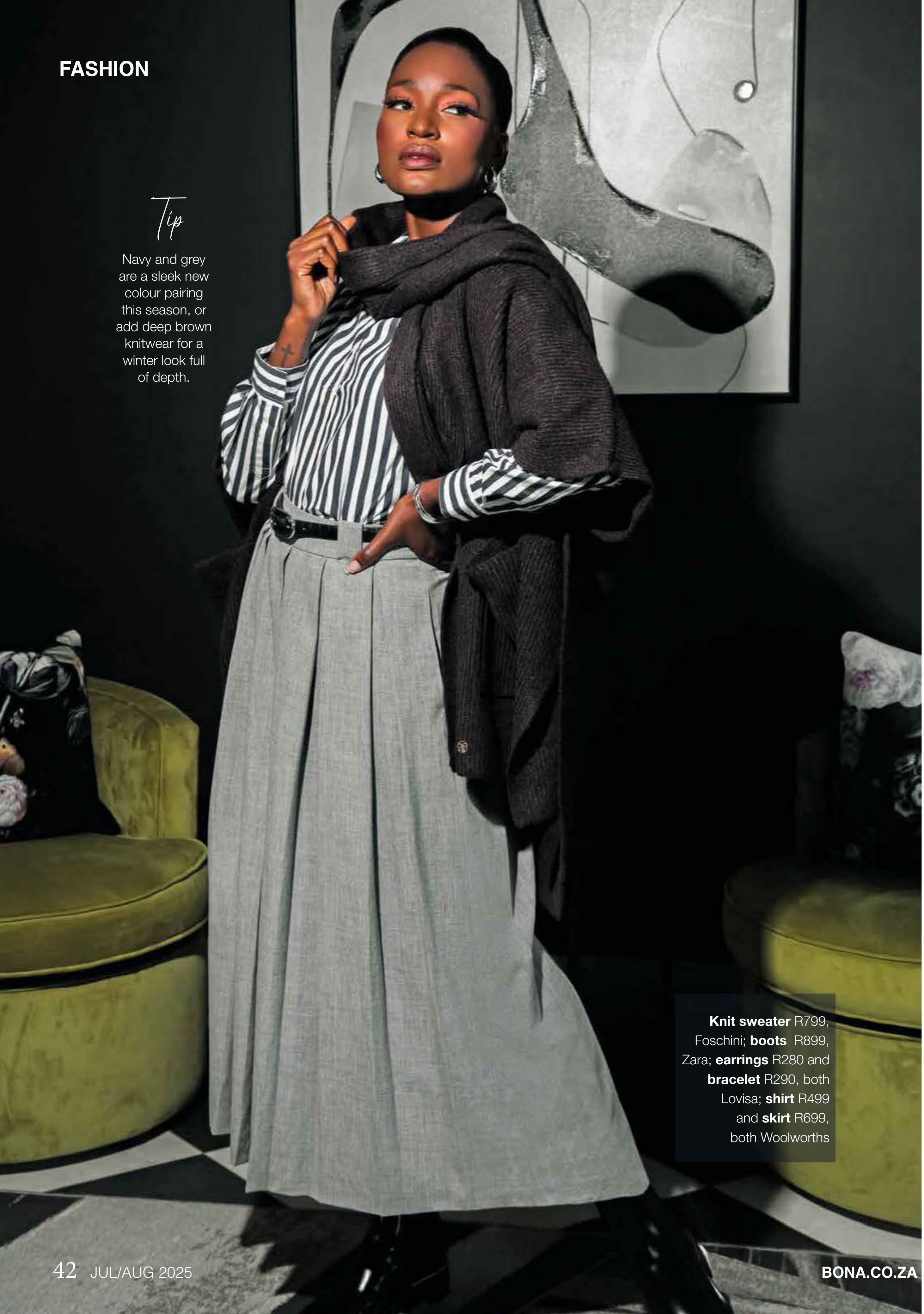
Pair your winter furs with your denim staples and a knee-high boot for effortless winter sophistication.



Tip

Pair your winter outfit with leather gloves to instantly add a high-fashion edge and timeless elegance to your look.

Earrings R240, Lovisa; **jersey** R329, H&M; **jeans** R1 599, Levi's; **belt** R99, Foschini; **gloves** R599, Zara



Tip

Navy and grey are a sleek new colour pairing this season, or add deep brown knitwear for a winter look full of depth.

Knit sweater R799, Foschini; **boots** R899, Zara; **earrings** R280 and **bracelet** R290, both Lovisa; **shirt** R499 and **skirt** R699, both Woolworths

STYLIST'S ASSISTANTS: ALEXANDER BENJAMIN, MEGAN BAGULEY; PHOTOGRAPHY ASSISTANT: KYRA WELCH; VIDEOGRAPHY: SHARNÉ; MUA: MABLE; HAIRSTYLIST: MABLE; RETOUCHING: MORNE STEENEKAMP; MODEL: LUKUNDO N/D&A MODEL MANAGEMENT

‘ENTERTAINMENT’S DEFINITION HAS BEEN REDUCED TO MAKING PEOPLE HAPPY.’
– ANURAG KASHYAP

ENTERTAINMENT & Lifestyle

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Caster Semenya shares her journey of resilience, identity and unstoppable power

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Bongeziwe Mabandla on how he channels his heritage into his music

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Non-invasive beauty treatments changing the game

PHOTOGRAPHY: HABARI MEDIA IMAGES; RETOUCHING: ADRI PAPAKONSTANTINOU

Stay Unbeatable

Born to run and built to defy limits, Caster Semenya's journey is one of resilience, identity and unstoppable power

WORDS Viwe Ntlebi
STYLIST Zoë Van Stavel
PHOTOGRAPHY Gareth Van Nelson

DRESSED BY: SHIRT, PANTS, SHOES – ALL BALMAIN , WATCH – MARKHAM

I first encountered Caster Semenya up close in Durban during the Comrades weekend. She was poised at the finish line, ready to welcome Gerda Steyn as the first woman across. In that moment, I couldn't tell whether she was nervous or simply taking her role incredibly seriously. Later, inside the OMO #StayUnbeatable booth, I discovered that the answer lay in her fierce dedication: she isn't shy, she's passionate. Every element of her persona from personal branding and hairstyle to her public associations is meticulously crafted. Nothing here is accidental; this is South Africa's pride and joy, a national treasure in the making. It's that same intentionality that drew OMO to Caster: the brand's bold move into sport is about celebrating the human spirit behind every stride, and Caster embodies that message perfectly.

It's easy to overlook the layers of intention behind her image amid the swirling conversations about her eligibility. But over the past few years, Caster has proven herself truly unbeatable, shattering barriers both on and off the track. As she described in *The Race to Be Myself*, her story is 'not one of pain and torment, but rather about hope, self-confidence and resilience'. Her journey from the bush of Limpopo to Olympic glory, through intense scrutiny and courtroom battles, has made her a symbol of strength for all South Africans.

Her unwavering stance during the 2011–2019 testosterone rule saga, where she appealed every step of the way until her case reached the European Court of Human Rights in 2023, is testament to a spirit that refuses to be silenced. Today, Caster shows up not just as an athlete, but as an icon: a voice for human rights, a mentor for young talents, and a living blueprint for authenticity and perseverance. By aligning with Caster, OMO's #StayUnbeatable platform invites every South African – whether on a muddy trail or in daily life – to 'Play On' and turn life's messes into fresh starts.

> **'I'VE STAYED UNBEATABLE** BY HAVING A STRONG SPIRIT. **I NEVER GAVE UP,** ALWAYS GAVE MY BEST, **AND MADE SURE TO ENJOY WHAT I DO.** IT HAS ALWAYS BEEN ABOUT PATIENCE, **PASSION AND A HARDWORKING ATTITUDE'**

Caster's presence is national pride. And *BONA* had the opportunity to spend time to get to know her more.

PERSONAL

If we take it back to the beginning, one of Caster's favourite childhood memories is growing up in the bush and going hunting with her cousins. 'Those moments really shaped who I am today. It was such a special and meaningful time in my life,' she says.

That rural upbringing did more than just build memories, it laid the foundation for the grounded woman she is today. Caster adds that her early years taught her to stay rooted, 'to stay humble, to understand the value of humility and, most importantly, to love myself.'

The spotlight can be overwhelming, and many public figures often struggle to remain connected to their true selves. But for Caster, it's her family who keeps her centred. 'Since I was born, they've accepted me for who I am, without judgement or criticism. Their unconditional love has kept me grounded.'

Despite the noise that often surrounds her, Caster radiates peace. 'I'm happy with where I am in life. I believe I'm exactly where I'm meant to be, and life is beautiful,' she shares.

Her approach to life is refreshingly simple, but deeply intentional. 'I let go of things I can't control and focus only on what brings me happiness. That's what I prioritise.'

LIFE

At the heart of Caster's journey is a quiet wisdom built over time – wisdom shaped by experience, reflection and purpose. 'The most powerful lesson I've learned is to respect, appreciate, love and accept people for who they are. In short, to live with humility.'

Her impact is felt not only on the track but in communities across South Africa. Through her foundation and athletics club, she channels her influence into uplifting others. 'Through the work we do with the club and the foundation, it's truly fulfilling to see the positive change we bring. Giving back to the community helps build a better future for the next generation and encourages them to live positively.'

In recent years, motherhood has further deepened her understanding of love and legacy. 'Having a family helps shape your priorities. It reminds you where you come from and teaches you how to love, care, support and appreciate what you have.'

Yet Caster is far from done. Her sense of purpose continues to evolve and so does her mission. 'Personally, I feel like I've done a lot – and I'm still doing more. I hope people remember me as someone who truly cared about others and stood for human rights.'

That mission includes a powerful call to unity, one that stretches beyond sport. 'My

DRESSED BY: JACKET AND JERSEY– ZARA

hope is that as South Africans, we learn to love and protect one another more. We need to come together and unite, not just in athletics, but as a country.'

Through her life, Caster continues to show that greatness isn't just about what you achieve – it's about what you give and how you live.

CAREER

Caster's career is one marked by discipline and moments of quiet triumph. Her journey began with a breakthrough that remains close to her heart. 'My proudest moment was when I won a race at the age of 17 during the Commonwealth Youth Games in Pune, India. That victory meant a lot to me because it was the beginning of everything, and I've always cherished it.' That early success ignited something in her, setting the tone for a career defined by global recognition.

Even in those formative years, Caster understood her trajectory with a maturity beyond her age. 'It was in 2008 when I started to feel that running was the right path for me. I'm a very realistic person, and winning that global medal showed me that I had more to give in this sport.' Her realism became a cornerstone of how she approached training, competition and life under the spotlight.

At the highest level of the sport, consistency is key and so is mental strength. 'Preparing for global championships is never easy, but I've always focused on staying confident and consistent. From the beginning of each season, I set a standard for myself, and I stick to it. Over time, that mindset became my routine, and I took ownership of it.' That mindset has helped her weather more than just sporting challenges, it's become a way of life.

What makes Caster truly exceptional is the heart behind the hustle. Her attitude is rooted in something deeper than ambition. 'I've stayed unbeatable by having a strong spirit. I never gave up, always gave my best, and made sure to enjoy what I do. It has always been about patience, passion and a hardworking attitude.'

For the next generation of athletes navigating their own paths, Caster offers a clear and honest reminder: 'My advice is this. Don't try to fit into spaces where you're not appreciated. Be enough for yourself, and give your best for yourself. Love who you are and, in time, everything will make sense.'

#STAYUNBEATABLE

To be unbeatable isn't just about medals or titles, it's a mindset Caster has cultivated through years of personal battles, public scrutiny, and private growth. 'Being unbeatable means never giving up, no matter how hard things get. It means showing up, pushing through and winning

DRESSED BY:COAT – MICHAEL LUDWIG (@MICHEALLUDWIGSTUDIO), JACKET – DIESEL, PANTS – ZARA, SNEAKERS – ZARA, WATCH – MARKHAM

HUMOUR US

What's your favourite soccer team? Local and international.
Kaizer Chiefs locally, and Manchester United internationally.

What's a piece of advice you'll always treasure?
A piece of advice I'll always treasure is from my mom: 'Stay humble, no matter what. I'm in control of my life – always.'

What's your idea of the perfect date night?
I'm not very romantic, but my idea of a perfect date would be a sunset beach cruise by candlelight.

Describe yourself in 3 words.
I am unpredictable.

DRESSED BY: DENIM JACKET– LEVI'S, JEANS – DIESEL, SHOES – MARKHAM

> ‘MY HOPE IS THAT AS SOUTH AFRICANS, **WE LEARN TO LOVE AND PROTECT ONE ANOTHER MORE.** WE NEED TO COME TOGETHER AND UNITE, **NOT JUST IN ATHLETICS, BUT AS A COUNTRY’**

THIS PAGE DRESSED BY: SUIT TOP – HOUSE OF NALA/ NALA PRIVÉ, SUIT PANTS – HOUSE OF NALA/ NALA PRIVÉ, SHOES – MARKHAM, WATCH – MARKHAM, RINGS – MARKHAM, CHAIN – MARKHAM
NEXT PAGE DRESSED BY:DENIM JACKET – LEVI'S, JEANS – LEVI'S, SHIRT – FOSCHINI, CORSET – TRUWORTHS, SNEAKERS – ZARA, RINGS – MARKHAM & LOVISA, COLLAR TIP – MARKHAM

your battles. It's about owning your space, standing strong and staying in control of your journey.'

Her ability to turn adversity into strength is what continues to set her apart. 'For me, it's always been about turning pain into greatness. I had to ask myself, "Do I accept what's happening to me?" and the answer was always no. I told myself I belong, I must love the person I see in the mirror every day, and I'll be okay. That mindset gave me courage and made me show up stronger for myself and others.'

Caster doesn't shy away from the moments that tested her spirit. One of her biggest challenges became the catalyst for her most powerful inner transformation. 'The moment that felt like defeat was my court case. I had to pull myself together and keep fighting. I questioned if I was doing the right thing or if I should walk away. But deep inside, I knew I was fighting for those who don't have a voice. That gave me strength. In life, we all doubt ourselves sometimes but if you let that doubt win, that's when you're truly defeated.'

These days, her sense of purpose is deeply rooted in family. 'Now that I'm a parent, my purpose comes from my partner and kids. I always want to do right by them. Every morning when I wake up, I think about the change I want to bring into the world, for them.' For Caster, the message she shares with OMO is clear: strength starts at home and carries you through every mile, whether on the track or through life's daily hurdles.

For Caster, resilience isn't only personal, it's a message she hopes echoes through generations. 'I hope they learn to speak up in a respectful way. Ask questions when you don't understand and don't ignore what makes you unhappy. Take time to understand how the business side of sport works, it's just as important as talent.' Her partnership with OMO amplifies that call to action – encouraging all of us to rise, dust ourselves off, and play on.

PHOTOGRAPHY ASSISTANT: LAUREN FREDERICKS; VIDEOGRAPHER: JOHN RICHARD SNOER; HAIR: LAURA/LAURA NATURAL HAIRSTYLIST; MAKE-UP/GROOMING: MARTINI BEAUTY; RETOUCHING: ADRI PAPAKONSTANTINOU; PERSONALITY: CASTER SEMENYA

FAST FACTS

What's your annoying habit?
My annoying habit is taking my clothes off and leaving them on the floor.

Favourite way to unwind and relax?
I love having my own space and just relaxing at home on the couch, watching TV.

What was the last gift you gave someone?
The last gift I gave was to my partner for her birthday – a box set of perfumes and some household items.

BONGEZIWE MABANDLA'S *Soulful Roots*

We explore how he channels his heritage into a sound that's both deeply personal and universally resonant

When thinking about all the different sounds that remind you of the tranquil and quietly nostalgic landscape of the rural Eastern Cape, coupled with a more modern and electronic vibe with tones of alternative R&B and pop genres, you start to get an idea of the kind of music the award-winning Bongeziwe Mabandla makes.

Born and raised in the dusty roads of Tsolo, Eastern Cape, which he also boasts as being home to the longest reigning Miss Universe, Zozibini Tunzi, Bongeziwe exudes an indescribable yet calm demeanour that instantly demands your attention. As a reflection of his hometown and upbringing, Bongeziwe's simplicity has been a key theme in his career, and it has carried through from his aesthetic all the way to his distinct sound. His use of his full traditional isiXhosa name as his music alias is no accident but an ode to his roots, and an act of reclaiming his cultural identity in a world that has made assimilating to white culture the norm. 'My upbringing influenced me a lot in so many different ways, especially developing my love for art and music,' he says.

Similarly to many South African greats, his relationship and connection to music began at a very early age, where he showed off his vocal talents at church, home and school to anyone who cared to listen. He then went on to study drama at AFDA, where he began his journey with music storytelling, which has played a significant role in his identity as an artist.

Influenced by legends such as Tracy Chapman, Bongo Maffin, Simphiwe Dana, Lauryn Hill and Oliver Mtukudzi, it comes as no surprise that the 'Zange' hitmaker

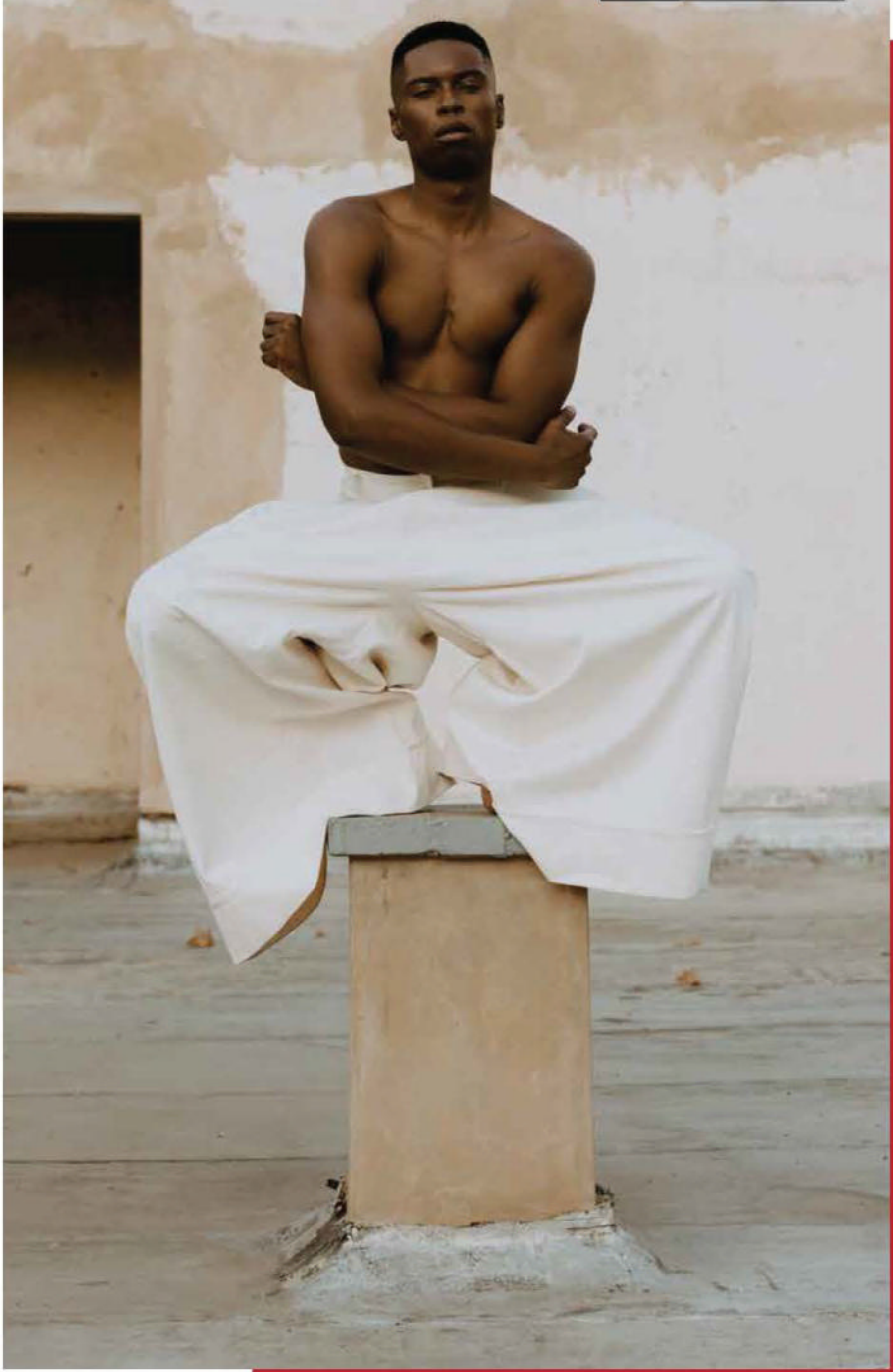
> *IN HIS MUSIC, BONGEZIWE EXPLORES HEAVY AND PERSONAL THEMES*

has become one of the many faces of South Africa's contemporary black alternative sound, which has gravitated more towards highlighting cultural elements. His ability to marry the nostalgic and soulful afro-folk sound with more modern elements, such as drums, chords and electronic sounds, has set him apart from his peers and allowed him to explore some uncharted territories when it comes to storytelling. In his music, Bongeziwe often explores heavy and personal themes, including his personal experience with growing up without a father, spirituality, identity, cultural roots, love and relationships, as well as sprinkles of social commentary.

Despite singing his music in isiXhosa, the 36-year-old artist has not only established a significant fan base within South Africa's borders, but has also found great success in the international space, which has been characterised by significant milestones such as being one of the few South African artists to feature on the popular ColorsXStudios YouTube channel, and his performance went on to feature in the channel's 'Best of' edition. Furthermore, he has embarked on various solo tours, which have garnered significant success, and has performed in countries such as Germany, Malawi, Finland as well as the Netherlands. In true South African fashion, he has also established himself as a must-see entertainer, as his live shows have been described as coming second to none, and he constantly leaves attendees feeling fulfilled and longing for more.

Unlike many other artists, the 2020 lockdown proved to be a blessing in disguise for Bongeziwe, as it saw him featuring on platforms such as Billboard's Live-At-Home Performance and NPR's Heat Check, which described his

Words
Nomonde Simelane



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'This shirt reminds me of old SABC test signal' – fans' opinion divided on new Springboks jersey

In a move that's sparked more debate than a referee's call in the dying minutes, the Sp...

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song ‘Masiziyekelele’ as ‘a gorgeous saving grace in trying times’.

It is no secret that the people who are often responsible for providing the world with quality entertainment, people such as Bongeziwe, are often given their flowers when they can no longer smell them, however, this has not been the case for Tsolo’s finest, as he boasts multiple awards, including two SAMA awards for Best Alternative Music Album for *Mangaliso* in 2018, and Best Alternative Album for *iimini* in 2021. He also snatched the Best Music Video title for ‘Bawo Wam’ on two separate occasions – at the 2018 Capital City Black Film Awards and the 2019 Jozi Film Fest Awards.

When reflecting on his journey to fame and success, he cannot help but think about how being a black, African alternative artist comes with unique challenges that most mainstream artists do not have to deal with. ‘I’ve had to work twice as hard to get to where I am,’ he reveals.

However, to an extent, Bongeziwe understands that this comes with the territory of being a trailblazer in the industry, and he also understands that the psychology of humans often rejects new and unfamiliar ideas and concepts, leaving it up to artists like him to get the alternative sound into the mainstream space.

Growing up, Bongeziwe had always been in touch with his creative side and knew from a young age that he was destined to be an artist of some sort. ‘I have always wanted to be an artist. I think if I were not a singer, I would have been an actor or something else in the art industry … I had dreams of becoming a painter when I was younger. I love visual art and wish I had taken it more seriously over the years,’ he reveals. But he has over the years used his music career to also seamlessly break into the visual arts and film space – his songs ‘The Two of Us’ and ‘Who I Am Not’ were used in films.

With a total of four studio albums under his belt, with his first, *Umlilo*, dating back to 2012, and his latest, *AmaXesha*, released recently in 2023, the enigmatic artist not only reveals plans of a fifth project already in motion, but also says that he is looking to further prove his versatility by collaborating with some unexpected, yet equally talented artists whose sound is significantly different to his own, to possibly create something out of this world. ‘I would love to work with Yanga Chief one day. We have been talking about trying to work together. I love his music and respect him a lot.’

‘I’VE HAD TO WORK TWICE AS HARD TO GET TO WHERE I AM’

PHOTOGRAPHY: COURTESY IMAGES

Wanderlust Alert

Words
Bulelwa Payi

The top visa-free destinations for South Africans

Getting your visa on time after booking a flight to explore the world can be stressful. Sometimes, you don't have a guarantee that your visa will be approved, which can steal the joy of preparing for your trip.

If you are anything like me and love to pack your bags and travel the world without the hassle of visa applications, here's a curated list of breathtaking international holiday destinations that welcome South African passport holders with open arms!

EUROPEAN EXCURSION:

Russia: Experience the magic of the Kremlin, stroll through the Red Square, and admire the beautiful architecture of St. Petersburg. Russia is a vast and varied country full of rich history and culture waiting for you to explore. Just remember to check the local customs.

ISLAND ESCAPES:

Mauritius: Just a short flight away, this island paradise is famous for its turquoise waters, stunning beaches and vibrant culture. Enjoy the sandy shores of Flic en Flac or get lost in the enchanting landscapes of Black River Gorges National Park. Do not forget to indulge in some delicious local cuisine.

Maldives: This is the ultimate romantic getaway. With its overwater bungalows and pristine beaches, the Maldives is a dream destination for a honeymoon or just to unwind. Enjoy snorkeling in the crystal-clear waters and soaking up the sun.

TIPS FOR TRAVELLING VISA-FREE:

- **Always check the latest travel advisories and whether you require an Electronic Travel Authorisation, which is different to a visa.**
- **Ensure your passport is valid for at least six months after your return date.**
- **Explore local cultures and indulge in authentic experiences to create memories that will last a lifetime.**
- **Make sure you print your booking details as immigration in some countries may require them.**

Zanzibar, Tanzania: Discover the spice island! Known for its rich history, vibrant markets and breathtaking beaches, Zanzibar offers an exotic blend of culture and relaxation. Stroll through the charming Stone Town and indulge in local delicacies or relax on the beach.

Seychelles: A slice of heaven with lush forests, white sandy beaches and an array of wildlife, Seychelles is perfect for those looking to relax in natural beauty. Dive into the coral reefs and discover the diverse marine life.

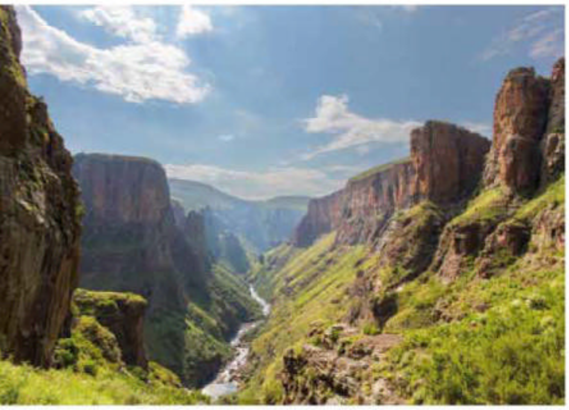
AFRICAN ADVENTURES:

Botswana: Home to stunning wildlife and natural beauty, Botswana is perfect for adventure lovers. Explore the Okavango Delta and see the Big Five in Chobe National Park. A true safari experience awaits you.

Eswatini (Swaziland): Just next door! Immerse yourself in rich culture with traditional ceremonies and beautiful landscapes. You can hike in the Lebombo Mountains or visit the spectacular Mantenga Falls.

Lesotho: The Kingdom in the Sky. Known for its mountainous terrain, Lesotho is a hiker's paradise. Explore the breathtaking scenery in the Drakensberg mountains and experience the unique Basotho culture.

> THAILAND IS A FEAST FOR THE SENSES



Namibia: Adventure awaits in the land of contrasts. From the towering dunes of Sossusvlei to the wildlife-rich Etosha National Park, Namibia is ideal for those seeking thrills and scenic landscapes.

Kenya: The heart of Africa. Witness the Great Migration, relax on the beaches of Mombasa, or hike up Mount Kenya. Kenya offers rich wildlife experiences and vibrant cultural exchanges.

ASIAN WONDERS:

Thailand: Experience the Land of Smiles. From the bustling streets of Bangkok to the tranquil beaches of Phuket, Thailand is a feast for the senses. Explore vibrant markets and indulge in mouth-watering street food.

Philippines: Imagine taking a leisurely stroll on white-sand beaches, climbing volcanic mountains or exploring the coral reefs. The Philippines will give you an unforgettable experience with its breathtaking nature and over 7 000 islands.

Hong Kong: A vibrant fusion of cultures. Visit iconic landmarks, enjoy delicious dim sum and experience the bustling markets. The view from Victoria Peak is a must-see.

Singapore: The Lion City is waiting! Enjoy a perfect blend of cultures, modern architecture and lush greenery. Don't miss the magical Gardens by the Bay while you are there.

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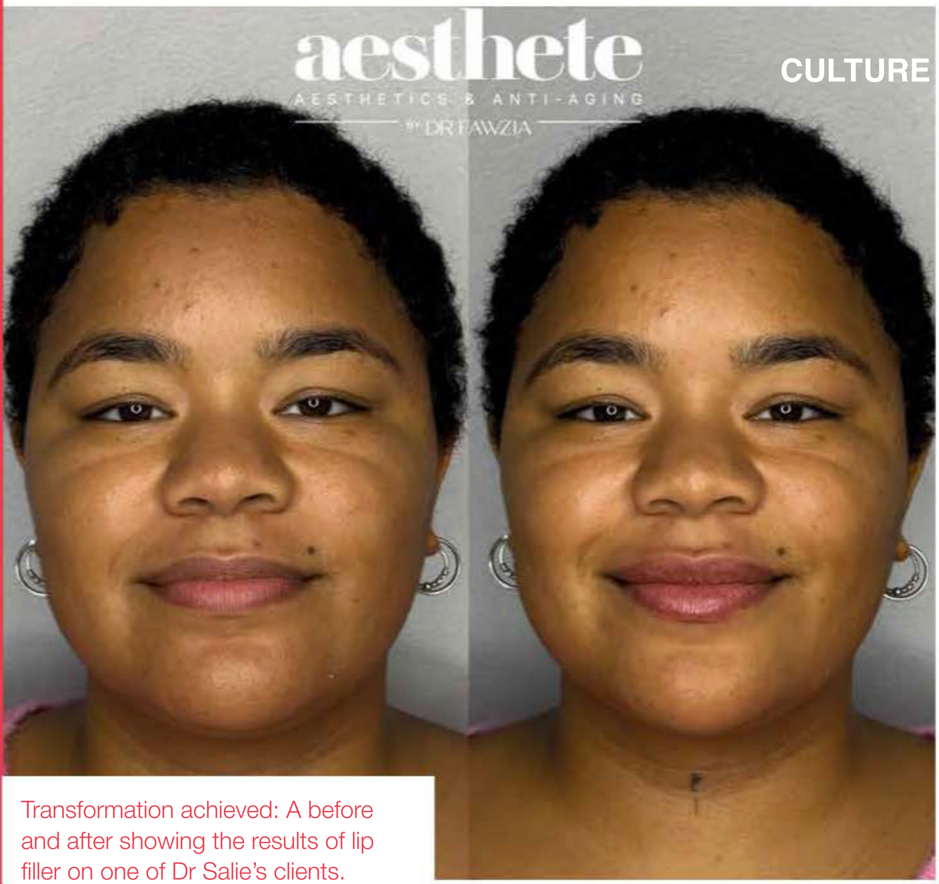
Beyond the Needle

Non-invasive beauty treatments that are changing the game

WORDS Beryl Botha



Transformation achieved: A before and after showing the results of lip filler on one of Dr Salie's clients.

In 2010, a chemical peel felt like a futuristic leap. Now, it's almost a basic beauty treatment. I had spent weeks researching and saving loyalty points for my first chemical peel. Skin treatments felt luxurious and mysterious – something only the bold or wealthy pursued. Back then, a peel seemed like a significant investment. Today, it's as routine as a facial. Celebrities openly discuss their cosmetic enhancements, helping to normalise aesthetic procedures.

THE RISE OF AESTHETIC PROCEDURES

South Africa's aesthetic surgery market generated $464.4 million in 2023, with that figure projected to nearly double to $908.7 million by 2030. In 2023, 85 869 aesthetic procedures were performed, highlighting how mainstream these treatments have become.

What was once cutting-edge now seems basic. Newer treatments like thread lifts, biostimulators and exosome therapy offer remarkable results with minimal downtime and lower costs.

THE SHIFT TOWARD NON-INVASIVE TREATMENTS

Facelifts remain popular for dramatic, long-lasting results, but personalised, non-invasive treatments are now preferred for enhancing natural beauty and self-confidence.

More people are considering aesthetic procedures for skin health and self-esteem rather than drastic changes. We chat to three practitioners in the industry for their insights.

A REVOLUTION IN SKINCARE

Dr Fawzia Salie, aesthetic general practitioner and director of Aesthete in Claremont, Cape Town, has witnessed the transformation of skin treatments. 'The biggest turning point has been the advancement of regenerative medicine,' she says. Innovations like platelet-rich plasma (PRP), exosome therapy and bio-stimulating injectables now focus on repairing the skin at a cellular level.

Technology has made treatments more precise – laser resurfacing, radio-frequency microneedling and ultrasound-based skin tightening deliver surgical-like results without downtime.' Radiofrequency microneedling, ultrasound skin tightening and fractional laser technology stimulate deep collagen production while preserving the skin's surface, Dr Salie explains.

NATURAL-LOOKING ENHANCEMENTS

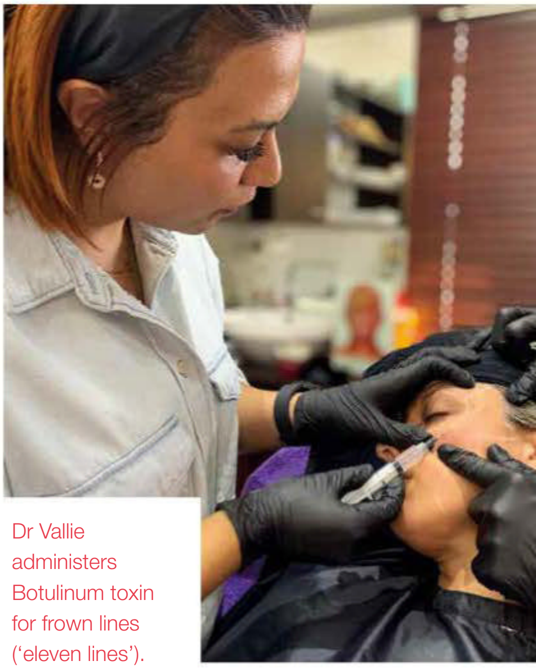
Bio-stimulating fillers and polynucleotide-based treatments offer immediate and long-term benefits, improving skin quality over time.

Unlike traditional surgery, these options provide subtle, natural results with little disruption to daily life. For darker skin tones, these innovations mean fewer risks of scarring and pigmentation, making aesthetic treatments more inclusive.

THE POPULARITY OF NON-INVASIVE PROCEDURES

Dr Waseemah Vallie, founder of Diamond Innovation Aesthetics, has seen a rise in demand for non-invasive procedures. When asked why she believes non-invasive treatments are so popular, she says: 'They deliver subtle yet transformative results with minimal downtime. Even minor procedures, like fillers and microneedling, can significantly boost confidence. One of my clients saw such improvement in her skin's firmness and radiance that she no longer needed make-up – proof of how aesthetic treatments can enhance natural beauty.'

Dr Vallie adds that consultations, however, are crucial as a skilled practitioner ensures natural-looking results and aligns treatments with realistic expectations.



Dr Vallie administers Botulinum toxin for frown lines ('eleven lines').

Dr Vallie's client before a Sculptra treatment and showing the results two weeks after.

SOCIAL MEDIA'S INFLUENCE ON BEAUTY STANDARDS

Social media has reshaped perceptions of cosmetic procedures. Celebrities and influencers openly share their enhancements, making treatments like Botox and facelifts feel more mainstream.

Media personality Khanyi Mbau has been transparent about her procedures, recently revealing an upper blepharoplasty, lip lift and fox eye surgery. She told TshisaLIVE that she sees cosmetic enhancements as self-expression and encourages people to do them for the right reasons.

JoJo Robinson, star of *The Real Housewives of Durban*, documented her facelift in real-time, giving followers an unfiltered look at the process. 'You really have to be psychologically prepared for this,' she noted, highlighting how aesthetic treatments are now part of self-care and confidence-building rather than hidden secrets.

DEBUNKING MYTHS ABOUT AESTHETIC TREATMENTS

Dr Vallie highlights some common misconceptions:

Myth: Aesthetic treatments are only for women.

Reality: Men benefit too, with treatments tailored to maintain masculine features.

Myth: Botox and fillers serve the same purpose.

Reality: Botox smooths wrinkles, while fillers restore volume.

Myth: Botox freezes facial expressions.

Reality: When done correctly, it softens lines while maintaining natural movement.

Understanding these differences has made aesthetic treatments more accessible and widely accepted.

THE FUTURE OF SKINCARE: TECHNOLOGY AND PERSONALISATION

Skincare has evolved rapidly and technology is widening the gap between traditional and advanced treatments. 'As technology integrates into daily life, it's also revolutionising skincare,' says Dr Vanessa Lapiner, owner of clean beauty brand Root4. 'The internet and digital advancements have changed how we approach and formulate skincare.

'Previously, skincare purchases and education were in-person experiences. Today, apps can analyse skin using facial recognition in minutes. Social media has further normalised injectables, skin boosters and laser treatments as self-care rather than luxury indulgences. Darker skin tones are also driving this shift, with a demand for treatments prioritising skin health over aesthetics.'

The industry is moving towards transparency and education, empowering consumers to research ingredients, techniques and practitioners before committing to treatments.

The aesthetic industry is witnessing a revolution, driven by technological advancements and changing beauty standards. As more people seek treatments, the emphasis is increasingly on maintaining and enhancing natural beauty rather than altering it drastically.

BEAUTY REDEFINED: EMBRACE CONFIDENCE, NOT PERFECTION

With aesthetic treatments more accessible than ever, would you consider non-invasive procedures to enhance your skin's health? Or do 'tweakments' still feel unfamiliar? Ultimately, the future of skincare isn't about chasing perfection, it's about confidence, health and long-term self-care. Whether through high-tech treatments or a solid skincare routine, the real beauty revolution is about making choices that make you feel your best.

Two weeks after receiving a Botulinum toxin treatment for chin dimpling, the results are evident on one of Dr Vallie's clients.

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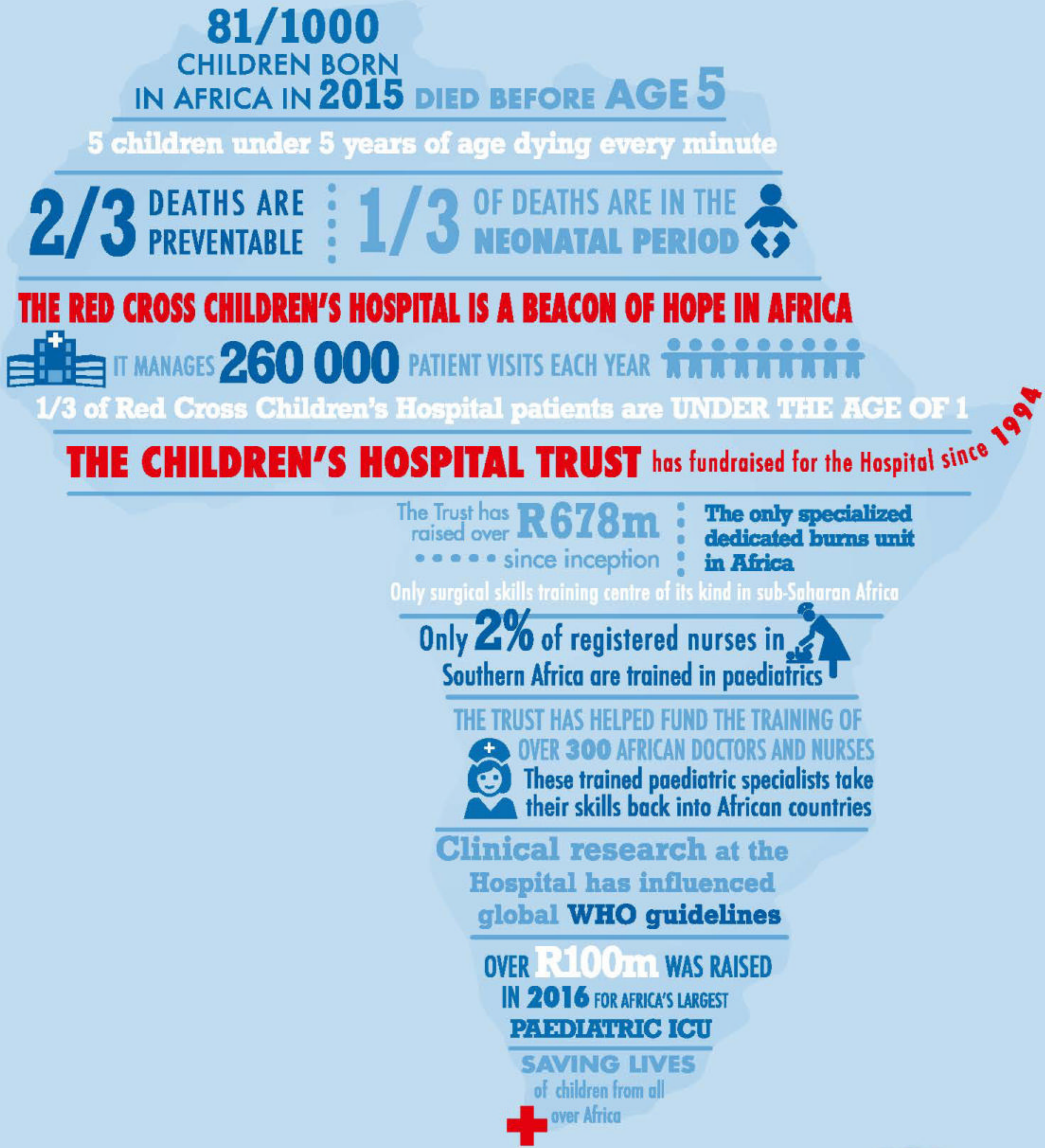

81/1000 CHILDREN BORN IN AFRICA IN 2015 DIED BEFORE AGE 5

5 children under 5 years of age dying every minute

2/3 DEATHS ARE PREVENTABLE

1/3 OF DEATHS ARE IN THE NEONATAL PERIOD

THE RED CROSS CHILDREN'S HOSPITAL IS A BEACON OF HOPE IN AFRICA

IT MANAGES **260 000** PATIENT VISITS EACH YEAR

1/3 of Red Cross Children's Hospital patients are UNDER THE AGE OF 1

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The Trust has raised over **R678m** since inception

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Only surgical skills training centre of its kind in sub-Saharan Africa

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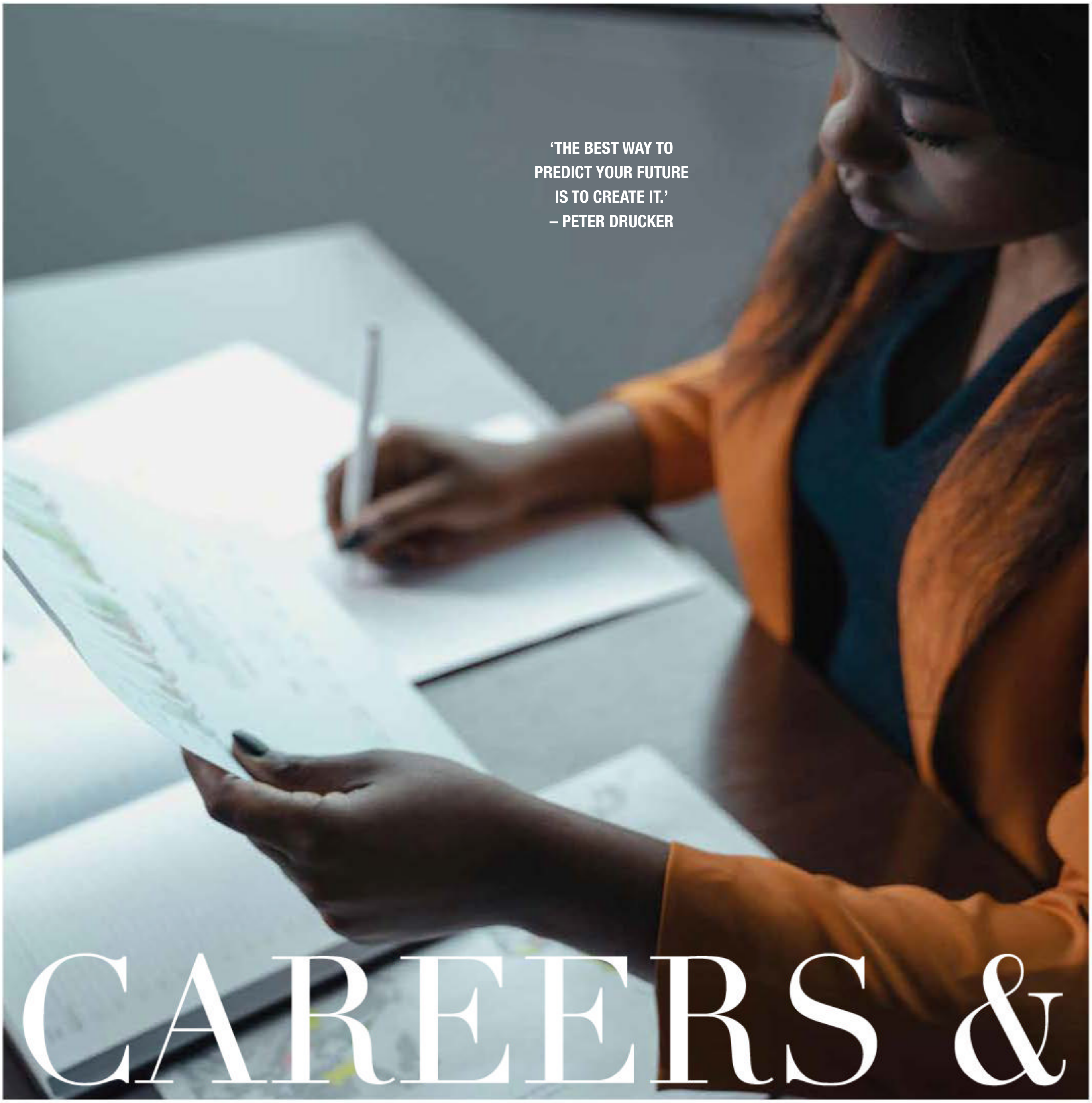

‘THE BEST WAY TO
PREDICT YOUR FUTURE
IS TO CREATE IT.’
– PETER DRUCKER

CAREERS & Finance

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How to build an emergency fund

PHOTOGRAPHY: PEXELS

Words
Ondela Mlandu

The Job market Reimagined

A glimpse into the careers of the future

A

According to the World Economic Forum's 'Future of Jobs Report 2025', going forward there'll be a strong emphasis on skills such as analytical thinking, complex problem-solving, critical thinking and emotional intelligence. The report states the need for continuous learning and reskilling, as employers expect to upskill over 70% of their workforce by 2025. In this article, our expert Inge Wulff, Head of Brand & People at Simply Black, weighs in.

RECRUITING WILL EVOLVE

Inge says employees will be hired for the skills mastered, rather than degree qualification. 'The hiring and interview process will become more experiential and focus more on skills testing over traditional CV review and interviews. Candidates will need to prove they can do the job today but also show they are agile enough for what the role could become,' she says.

TECHNOLOGY HAS THE BIGGEST IMPACT ON THE FUTURE OF JOBS

According to the 'Future of Jobs Report 2025', technology will be the most disruptive force shaping the labour market, outpacing all other macro job creation and displacement trends. Over the next five years, advances in artificial intelligence (AI) and information-processing technologies will accelerate digital access, creating 19 million jobs while displacing nine million. 'Humans will move to more strategic, creative, expert, master-of-experiences roles,' says Inge.

IN-DEMAND SKILLS

'Digital and technological skills, such as systems and design-thinking, UI/UX experts and developers will continue to be in demand, and it looks like there will be a skills deficit in this area. This means if you are a master of these skills, you can win,' says Inge. There will also be a demand for leadership, soft skills and strong EQ proficiency. Managers won't be replaced by artificial intelligence, but managers who use AI will replace ones that don't.

THE GIG ECONOMY IS SHAPING THE FUTURE

Inge says the gig economy continues to lure the traditionally employed into other ways of working. Covid-19 really changed our view of what work can and should be. 'Sabbaticals and revenge quitting are on the rise. More people are choosing jobs of "purpose" or those that align with their values and desire for life-work balance. The gig economy represents people's desire to be the architect of their own career rather than feel pressured to impress someone else,' she adds.

THE IMPACT OF DIVERSITY AND INCLUSION

'I often say that "diversity breeds transformation" and this is because I've seen it in action. Diverse teams can be tougher to manage and generally take longer to make decisions or solve problems because perspectives are unique, but their solutions are always better,' says Inge. Gen Z wants to support brands, buy products and work for companies that bring about meaningful change, authentically. 'Diversity and inclusion will no longer be a "nice to have", but a business necessity,' she adds.

TRADITIONAL EDUCATION SYSTEMS ADAPTION

When it comes to traditional schooling, there is a need to become more agile. So much can be taught and learned online. More schools will move to an enquiry-based model, focussing less on what you know (or can memorise) and more how you use it. 'There is no more one-size-fits-all approach, AI tools that tailor the education experience to the specific users' needs are already being used in executive education and workplace development, so traditional education as it stands will lose its relevance,' explains Inge.

MEET THE EXPERT

Inge Wulff has more than 10 years of experience in sales, marketing, people and culture development. Currently Head of Brand & People at Simply Black, she specialises in developing people-first, high-performance cultures to create workplaces that live up to their mission and vision. She is passionate about impact, entrepreneurship, design thinking and strategic execution.

THE ROLE OF SUSTAINABILITY

'Sustainability will move away from marginal projects to key strategic objectives, and businesses will be challenged to think more purposefully about sustainability,' says Inge. Brands and people who employ sustainable practices at every touchpoint will set themselves apart.

PERSONAL BRANDING AND ENTREPRENEURSHIP

'Self-awareness and skill mastery are going to be the most important. Through marketing yourself you will need to substantiate this, especially as experiential testing increases in the application process,' says Inge. Entrepreneurship will continue to be useful and make you an attractive candidate, as it displays hustle and grit. Inge says to be specific when marketing your skills on your CV and LinkedIn for easy identification. AI tools will help sift through applications, so knowing which words to use will be beneficial.

PHOTOGRAPHY: FREEPIK, COURTESY IMAGE

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NESS PLAN
SUMMARY & GOALS
PRODUCTS & SERVICES
COMPETITORS
OPERATIONS
MARKETING
FINANCES

Words
Ondela Mlandu

The Legal Checklist

The admin and compliance to follow when starting a business

When you start a business, there are several administrative and compliance requirements you need to follow to ensure that your operations are legal, ethical and efficient. These requirements can vary depending on the type of business, location and industry. In this article, we look at some general administrative and compliance areas you should be aware of.

BUSINESS LEGAL STRUCTURES IN SA

Mpumi Nobiva, CEO and founder of Flourish Harmony, says that South Africa offers several legal business structures, each with its own benefits and obligations. These include:

- **Sole Proprietorship:** The simplest structure, where the business and the owner are the same legal entity. It offers easy set-up, but unlimited personal liability.
- **Private Company (Pty) Ltd:** A separate legal entity that limits liability to the company's assets. This one is ideal for scaling and investment opportunities.
- **Public Company (Ltd):** Typically used by larger businesses intending to trade shares publicly on the stock exchange.
- **Partnership:** A business owned by two or more individuals, who share profits and responsibilities.
- **Personal Liability Company (Inc):** Mostly used by professionals, such as lawyers and accountants, where owners remain personally liable for company debts.
- **Non-Profit Company (NPC):** Designed for charitable and public-benefit activities.

REGISTERING A BUSINESS

'Your first stop is the Companies and Intellectual Property Commission (CIPC) – that's where you register your business name, and you can also sort out your Broad-Based Black Economic Empowerment (B-BBEE) certificate while you're at it. It will cost you R125,' says entrepreneur and business owner Vuyolwethu Tshangela.

Next stop is the South African Revenue Service (SARS) to get your tax number. 'You may need to register for various taxes. If your turnover is going to be over R1 million per year, you'll need to register for Value Added Tax (VAT). If you're hiring employees, you will need to register for Pay As You Earn (PAYE) and Unemployment Insurance Fund (UIF) as well, among others,' adds Vuyolwethu. Finally, if your business is officially up and running, you'll need a business bank account. The bank will need all your CIPC registration documents, so keep those safe.

DO YOU NEED A BUSINESS LICENCE?

This depends on where you operate and what type of business you're running. It's not always necessary, but in industries such as liquor or food, you'll need special licences to trade legally.

ENSURING YOUR BUSINESS IS COMPLIANT

Vuyolwethu says compliance depends on the type of business you're in. 'The common compliance requirements include labour compliance (if you have employees) – making sure your employees are treated fairly and in accordance with the Basic Conditions of Employment Act (BCEA),' she explains. Tax compliance is critical, and one needs to ensure that all employees are properly registered for UIF, PAYE and any other relevant taxes.

'There's also the Consumer Protection Act that ensures customers are not misled or exploited. Consider data compliance too – the Protection of Personal Information Act (POPIA). I keep a large client database, so protecting customer information is a top priority for my business,' says Vuyolwethu.

Mpumi says that beyond the expected acumen of treating clients and all working relationship communities with the highest level of professionalism and integrity, businesses in South Africa must comply with various regulations to maintain good standing. This includes financial reporting, where private companies must keep accurate financial records and submit annual financial statements. 'There is also B-BBEE Compliance, where businesses seeking government contracts or working with corporate clients may need to meet B-BBEE requirements,' she adds.

MEET THE EXPERTS

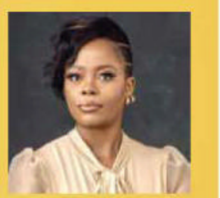
Vuyolwethu Tshangela is a dynamic entrepreneur and business owner, successfully running the thriving Koils & Kurls Kiddies Hair Salon. She has over 13 years of professional experience across mining operations, project management and consultancy. She holds a Master's and MBA degree, giving her a well-rounded perspective on business strategy, finance and leadership.

Nompumelelo 'Mpumi' Nobiva is the CEO and founder of Flourish Harmony. She is a visionary leader, creative strategist and global advocate for personal and professional transformation. Mentored by Oprah Winfrey, she has spoken globally at the White House and holds a Master's degree in Strategic Communications.

PENALTIES FOR NON-COMPLIANCE

Non-compliance can result in serious fines, administrative penalties or even temporary closure of your business until you fix the issues. 'I made the mistake of thinking SARS would go easy on me because my business was small. I quickly learned that's not how it works. As long as you are making a profit, you're expected to pay your taxes – and if you don't, expect hefty penalties and possibly more trouble down the line,' says Vuyolwethu.

PHOTOGRAPHY: FREEPIK, COURTESY IMAGE



Words
Palesa Lengolo

BREAK GLASS
IN CASE OF
EMERGENCY

EMERGENCY FUND 101

How to build a fund that protects you from inevitable unexpected expenses

Life can be full of surprises – some good, some not so much. Whether it's a sudden job loss, a major medical bill, an urgent home repair or an unexpected car breakdown, these events can derail your financial stability (even if you have insurance). An emergency fund acts as a financial safety net, preventing you from going into debt or struggling to cover essential expenses when life throws an unexpected curveball.

WHY AN EMERGENCY FUND IS ESSENTIAL

1. Shields You from Debt

Without savings, unexpected expenses often lead people to rely on credit cards, payday loans or borrowing money from friends and family. The former options can result in high-interest debt, making it even harder to recover financially. Having an emergency fund ensures you can cover surprise costs without sinking into debt.

2. Provides Financial Stability

A financial cushion means you won't have to panic if an emergency arises. Whether you face a medical emergency, car repair or home damage, having savings set aside allows you to handle these situations without disrupting your monthly budget.

3. Protects You in Case of Job/Income Loss or Retrenchment

Losing a job/business is one of the biggest financial setbacks a person can experience. Having three to six months' worth of living expenses saved can keep you afloat while you look for a new job or set up a new business, reducing stress and preventing you from making desperate financial decisions.

4. Prevents You from Tapping into Retirement Savings

Without an emergency fund, you might be tempted to withdraw money from your retirement or pension fund, which can result in penalties, taxes and lost long-term growth. Having a separate emergency fund ensures that your retirement savings stay untouched for their intended purpose.

5. Gives You Peace of Mind

Financial stress is one of the leading causes of anxiety and relationship problems. Knowing you have a financial cushion helps you feel secure, even in uncertain times.

How Much Should You Save in Your Emergency Fund?

The amount you should save depends on your individual circumstances. Here's a guideline:

- **Starter Emergency Fund:** If you are just beginning, aim for three to six months cover of any small unexpected expenses.
- **Basic Safety Net:** Aim to always save extra for essential expenses such as rent, utilities, groceries, transportation, insurance and minimum debt payments.
- **Full Emergency Fund:** To be fully secure, build up six to 12 months' worth of expenses, especially if you have a variable income or work in an unstable industry.

HOW TO BUILD AN EMERGENCY FUND

1. Set a Realistic Goal

Start small and build gradually. If saving three to six months' worth of expenses feels overwhelming, break it down into smaller milestones. Begin with even 1% of your income and work your way up.

2. Create a Separate Savings Account

Open a high-interest savings account to earn interest on your emergency fund while keeping it easily accessible. Avoid linking this account to your regular cheque/current account to reduce the temptation to dip into it.

3. Automate Your Savings

Set up automatic transfers or stop orders from your paycheck or cheque account into your emergency fund. Even small amounts like R250 or R500 per week will add up over time.

4. Cut Unnecessary Expenses

Review your budget and identify areas where you can cut back (for e.g. dining out, subscriptions, impulse purchases). Redirect these savings into your emergency fund.

5. Use Windfalls Wisely

When you receive unexpected money (tax refunds, bonuses, gifts or extra income), set aside a portion for your emergency fund instead of spending it all.

6. Earn Extra Income

Consider side gigs like freelancing or selling unused items to boost your savings. Pump any extra earnings into your emergency fund.

7. Replenish the Fund When Used

If you need to withdraw from your emergency savings, make rebuilding it a priority once your finances stabilise.

WHERE TO KEEP YOUR EMERGENCY FUND

It should be easily accessible but not too tempting to spend. Here are some good options:

- **High-Yield Savings Account –** Earns interest while keeping your money liquid.
- **Money Market Account –** Offers slightly higher interest rates while still allowing easy withdrawals.
- **Separate Cheque or Savings Account –** Helps avoid mixing emergency funds with your everyday spending.
- **Not in Shares or Investments –** Market volatility could cause losses when you need the money.

WHEN TO USE YOUR EMERGENCY FUND

An emergency fund is only for true financial emergencies, not for vacations, shopping sprees or unnecessary expenses. Use it for:

Job/Income Loss or Pay Cut – To help cover rent, food and other essential bills.

Medical Emergencies – Unexpected hospital visits or urgent medical care not covered by medical aid.

Car Repairs – Repairing an engine or replacing worn-out tires (which is likely not covered by insurance).

Urgent Home Repairs – Fixing a burst pipe or broken heater in winter.

TAKE CONTROL OF YOUR FINANCIAL FUTURE

Building an emergency fund takes time, but it's one of the most important steps toward financial security and independence. Start small, save consistently and make it a habit. When life throws unexpected expenses your way, you'll be prepared, stress-free and financially resilient. An emergency fund is a lifeline that shields you from financial hardships. Stay consistent, as the peace of mind and financial stability it provides make the effort well worth it.

PHOTOGRAPHY: ISTOCK

REWRITING THE SINGLE-MOTHERHOOD NARRATIVE WITH **ASANDA MUNYU**

One Mom Every Role, a movement that speaks boldly, compassionately, and without apology!

Words
Akhona Ndlela

In a world quick to box women in and even quicker to judge them for how they raise their children, Asanda Munyu is flipping the script with unapologetic purpose. The founder of One Mom Every Role is building a movement, a lifeline, and a revolution, one that says to every single mother in South Africa or in a bolder statement to all women across the world in the words of author Mandy Hale: 'You are a doctor, a teacher, a nurse, a maid, a cook, a referee, a heroine, a provider, a defender, a protector, a true superwoman. Wear your cape with pride.'

With a deep belief that every kind of single mom deserves a safe community, Asanda is carving out space where there was none and challenging systems, calling out the unnecessary silence, and sparking conversations that are long overdue.

Speaking to the woman behind this much-needed course of action, finding out what drives her and what kind of future she's fighting for, we have discovered that she is not just advocating for change, she is without a doubt embodying it. With quiet strength and fierce clarity, she's building a future where single mothers are not sidelined but centred, supported and celebrated.

The One Mom Every Role initiative aims to encourage structured assistance for single mothers from brands, the government and society at large. It advocates for systemic change and creates a community based on consideration and acknowledgement. The initiative's signature event, which unites single mothers in one space to celebrate one another, exchange stories and have crucial, long-overdue discussions about support, visibility and dignity, is a crucial component. It is a place of safety as well as a force for transformation.

To Asanda, the name One Mom Every Role is deeply personal. It is a tribute to the incredible range of roles that single mothers carry out every day, not out of choice, always, but out of necessity and love.

'Personally, it reminds me of the strength it takes to show up fully in every role: provider, nurturer, protector and leader. It's also a statement to society that these women are not just surviving, they are leading. If we're being honest, single mothers are key decision-makers in the most critical parts of life: finances, education, health, emotional well-being. They are CEOs of their households and often of their careers too. The name is deeply personal to me as it's a call to acknowledge, honour and support the leadership they demonstrate, not just in their homes, but in the world,' she states.

Behind the public-facing mission lies a woman shaped by her own story of solitude, survival and strength. 'At my core, I'm a woman who has had to rebuild herself while raising someone else, learning to be strong and soft at the same time. I come from a generation of single women; it's all I've ever known. I've seen the struggle, the resilience and the relentless hard work up close. That legacy lives in me and it shaped not only how I mother but how I lead. This mission was born from that lived experience, from knowing what it feels like to carry everything on your own, but also what it looks like to rise regardless,' Asanda shares.

Her presence here in this initiative is evidence that being a single mother is not a limitation but rather a launch pad, and that we should stop degrading single mothers and instead begin to acknowledge the extraordinary success and genius that frequently result from such circumstances.

While the platform brings single mothers together through dialogue, shared experiences and emotional support, Asanda has even bigger plans, sharing: 'The long-term vision for One Mom Every Role is to drive structural change that goes beyond conversations and delivers real, practical support for single mothers. We want to see policy shifts and tailored systems that recognise the unique realities of single-parent households.'

She further includes solutions such as financial banking packages that are designed specifically for single-income homes, tax exemptions or benefits that ease the financial pressure, and a legal system that is more affordable, accessible and easier to navigate, especially in matters of maintenance, custody and support as ways to achieve this long-term vision of the movement.

Through programmes in community development, upskilling and mental health, One Mom Every Role is also establishing an extensive network of partners in the government and business sectors to assist single mothers. The objective is to create a nationwide support system that acknowledges single mothers as significant contributors to our economy and society and enables them to flourish rather than merely survive.

Leading a movement that demands visibility, dignity and care for single mothers means a great deal to Asanda. She shares: I'm an extremely shy person who prefers to lead quietly and from the background. But I've found myself in this position because the work is necessary and deeply personal. Leading One Mom Every Role has become about stepping up, not for attention but for impact.'

She also notes that Stats SA's data, which revealed that 43% of South African mothers live in single-parent households, validated what many of us already knew: Single mothers play a vital role in keeping this nation together. It is impossible to overlook that kind of presence and responsibility. This demographic is crucial to the future of our economy and society, it is not a footnote.

She further adds that being at the forefront of this movement means ensuring that these women are recognised for the essential role they play on a daily basis and are supported, and that the beautiful part of this whole initiative is that she is not alone. 'There's a growing community of women who are just as passionate and committed to this cause – a special mention to Kendall Lodewyk and Kamiela Goldman. Together, we're building something bigger than any one of us, a movement that demands not just visibility and dignity, but lasting change,' she adds.

To Asanda, safety for single moms is not just the physical aspect of it. It is emotional, financial and psychological. According to her, women should not be required to defend or explain their journey. They should be valued, supported and empowered rather than judged, pitied or sidelined.

In the space that they have created through One Mom Every Role, safety looks like honest conversations, peer-to-peer support, access to relevant information, and opportunities for personal and professional growth. This initiative holds gatherings that give women the chance to network, exchange resources and hear from professionals on topics ranging from mental health to legal rights. In addition to being useful and intentional, it serves as a reminder to single mothers that they are not alone and don't have to bear everything alone.

Asanda is clear on the myths about single mothers that she's ready to break using One Mom Every Role. 'We want to completely shift the way society sees single mothers. Far too often, they are judged, sidelined or seen as having failed, when the truth is, they are the ones who stayed. They are the ones who chose to show up, raise their children and carry the full weight of parenting, often under incredibly difficult circumstances. And yet, while they hold it all together, they're the ones society criticises the most. While the parent who walks away is rarely held accountable,' she boldly states.

The goal of this movement is to honour the women who stayed, not to blame those who left. It's about changing the narrative so that single mothers are viewed with pride, power and opportunity rather than with sympathy or shame.

In addition to keeping families together, these women are creating futures, frequently with little assistance. They are a force, not the exception. And it's time for the world to recognise them for what they really are: strong unsung heroes, capable and worthy of every opportunity and every form of support.

The One Mom Every Role movement aims to highlight them as leaders as they are resilient, resourceful and deeply committed.

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‘THE GROUNDWORK OF ALL HAPPINESS IS HEALTH.’
– LEIGH HUNT

HEALTH & Wellness

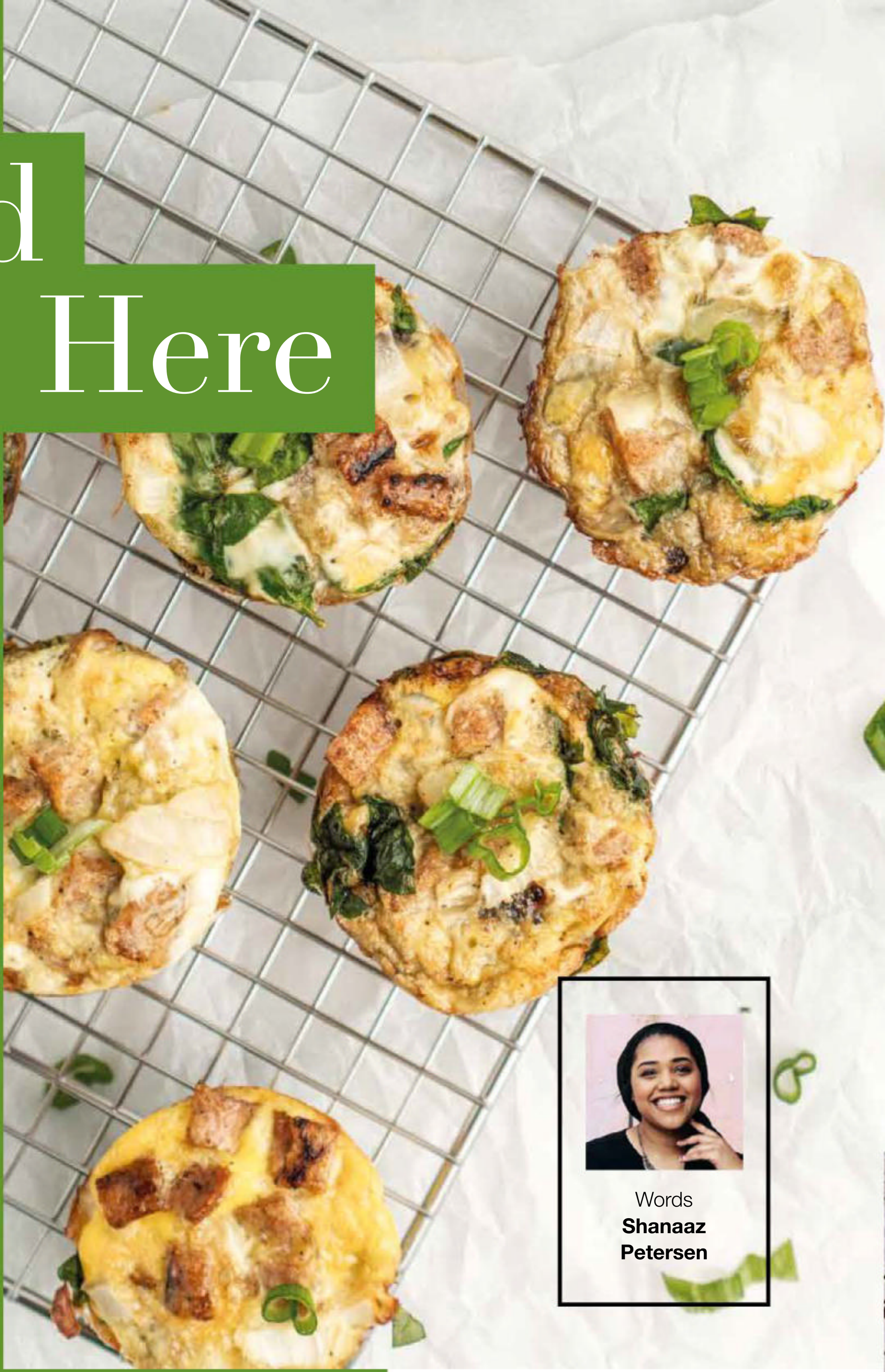
74 **HEALTH**
Keep the whole family happy with our healthy diet ideas

76 **FITNESS**
How new and toddler moms can stay energised while juggling motherhood

PHOTOGRAPHY: FREEPIK

No Sad Salads Here

Keep the whole family happy with these healthy diet ideas



Words
Shanaaz Petersen

Quick question: When you hear 'healthy eating', what is the first thing that comes to mind? Boring salads, expensive ingredients and saying goodbye to your favourite meals? Yeah, I thought that too. But what if I told you that you don't have to give up flavour, comfort or tradition to eat well? In a country where food is the heart of our culture (because what's a family gathering without *pap en vleis* or akni?), the trick isn't to eat 'perfectly', but to make small, smart changes that add up. Sounds good? Let's dig in!

WHY SHOULD WE EVEN CARE ABOUT EATING HEALTHY?

Life is busy! And sometimes, the easiest thing to do is order takeouts or munch on whatever's the quickest. But making the right small changes now can pay off in the long run. You'll have:

- More energy to keep going (no more afternoon slumps).
- A stronger immune system.
- Less mood swings. Good food = good vibes.
- Good long-term health and you'll feel better as you age.

HOW TO MAKE THE CHANGE (WITHOUT THE COMPLAINTS)

Here are easy (and sneaky) ways to switch things up and make healthy eating a household habit:

Turn it into a game: Challenge everyone to try at least one new veggie a week (who's brave enough for Brussels sprouts?). Get the kids more involved in meal planning and prepping: They are more likely to eat when they're either the ones making the meals or simply helping out.

Create themes with the first letter of each weekday: Meatless Mondays, Trendy Tuesdays, Wacky Wednesdays, Throwback Thursdays and Favourite Fridays (all with healthy twists, of course). The idea is to make it fun and always try something new.

Camouflage the good stuff: Blend spinach into smoothies, swap out refined sugar for fruit or mix lentils into your mince. The kids won't even notice! Turn meals into an experience: There's nothing kids (especially fussy eaters like mine) enjoy more than 'creating' their own meals. Build-a-burger, 'anything goes' poke bowls and colourful burritos are always a win in our home.

TASTE THE FLAVOUR
Here are some BONA *faves that will keep everyone full, happy and healthy.*

High Protein Egg Bites

INGREDIENTS

7	eggs
¼	cup milk
¼	teaspoon salt
	A pinch of black pepper
¼	cup spinach, roughly chopped
1	small tomato, diced and seeded
½	cup shredded Cheddar Viennas, chopped (optional)

METHOD

PREHEAT the oven to 180°C. Set aside a muffin pan. A silicone pan is a good option to use.
MAKE sure your muffin pan is well greased.
WHISK together the eggs, milk, salt and pepper.
ADD your spinach, tomato and cheese to the bottom of each silicone muffin cup.
ADD 2–3 tablespoons of the egg mixture to each muffin cup.
BAKE for 22–25 minutes until the egg mixture is set.

By @iheartveggies on Instagram

PHOTOGRAPHY: FREEPIK, COURTESY IMAGE

Chicken Salad Pita Pockets

INGREDIENTS

1	cup cherry tomatoes
1	cucumber, white part scooped out, cubed
1	red onion, chopped
	Handful spinach
3	tablespoons (45 ml) lemon juice
4	fried chicken breasts, chopped
	Salt and pepper
4	pita breads

METHOD

IN a bowl, mix tomatoes, cucumber, onion, spinach, lemon juice and chicken.
SEASON with salt and pepper.
SPLIT pitas in half to form a pocket. Fill with the salad and serve.

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www.rawbiotics.co.za

Gem Squash & Carrot Muffins

INGREDIENTS

2	cups gem squash, cooked and mashed
1	cup carrot, grated
2	cups self-raising flour
½	teaspoon bicarbonate of soda
½	cup dark brown sugar
½	cup chocolate chips
	Pinch of salt
4	eggs
1	teaspoon (5 ml) vanilla essence
1	cup (250 ml) oil
1	cup natural yoghurt
3	tablespoons sliced almond nuts
	Maple syrup, for serving

METHOD

PREHEAT the oven to 180°C
MIX gem squash and carrot in a bowl.
SIFT in flour, bicarbonate of soda, sugar, chocolate chips and salt.
BEAT eggs, vanilla essence, oil and yoghurt in a jug. Pour over the dry ingredients. Mix well and transfer into a lightly greased muffin tin. Sprinkle with nuts.
BAKE for 15 minutes or until cooked through. Set aside to cool. Serve with maple syrup.

By Ntwenhle Gcabashe

Words
Nombulelo Mgabadeli

FIT AND ACTIVE MOMMIES!

Tips for new and toddler moms to stay energised and feel their best while juggling all that comes with motherhood

Becoming a mom is a beautiful (and exhausting) journey filled with love, cuddles and very little sleep. In the middle of all the baby giggles and diaper changes, it's easy to forget about your own health and well-being. Exercising may not be high on the prioroty list, but moving your body isn't just about getting back in shape and staying fit. It's about feeling good, having more energy and finding fun ways to bond with your little one.

The best part is you don't need a gym or hours of free time to do so. Motherhood in itself can feel like a full-body workout. Whether you're rocking a newborn to sleep, picking up toys for the hundredth time, or carrying a toddler who suddenly refuses to walk, you're constantly on the move. So staying active doesn't have to feel like another chore on your never-ending to-do list. There are plenty of simple and enjoyable ways to keep active while still being the amazing mom that you are. Here are some to consider:

FOR NEW MOMS: GENTLE MOVEMENT TO REBUILD STRENGTH

Getting back into physical activity postpartum should be a gradual process. The Sport Information Resource Centre notes that while many new moms are eager to move again, pushing too hard too soon can lead to pain and slower recovery. Consulting with your doctor is also a key part of ensuring a safe and effective return to exercise.

Core & Pelvic Floor Activation

Strengthening your pelvic floor after childbirth is key to improving stability, bladder control and overall well-being. These gentle yet effective exercises will help you regain strength and confidence as your body recovers:

Kegels

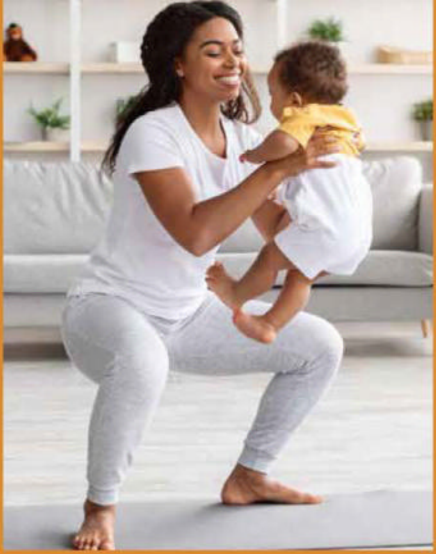
Kegels are one of the best ways to rebuild pelvic floor muscles and restore control.

- Sit or lie in a comfortable position.
- Gently contract your pelvic floor muscles as if stopping the flow of urine.
- Hold for five seconds, then relax for five seconds.
- Repeat 10–15 times.

Clamshells

This simple move targets the hips, glutes and pelvic floor, helping with alignment and stability.

- Lie on your side with knees bent and feet together.
- Keep your hips stacked as you lift your top knee as high as comfortable, then lower it back down.
- Do two sets of 10 reps on each side.



Diaphragmatic breathing

Deep breathing engages the pelvic floor and core, promoting relaxation and circulation.

- Place one hand on your chest and the other on your belly.
- Breathe in deeply through your nose, letting your abdomen expand, then exhale slowly.
- Repeat for 5–10 minutes daily.

Walking with Purpose

Walking is one of the easiest and most effective ways for new moms to stay active. It's gentle on the body, requires no special equipment and fits seamlessly into a busy routine. If you're looking to get the most out of your walks, here's how to make them work for you:

- Begin with 10–15 minutes and gradually increase your time.
- Use a stroller or baby carrier to add weight and engage your core.
- Walk on an incline or add short bursts of brisk walking to increase the intensity.

Bodyweight Strength Routine (5–10 minute quick session)

This is a quick and effective routine to rebuild your strength without straining your joints. Complete each move and repeat the circuit twice for a full-body burn.

- **Glute bridges (10 reps)** Engages your core, glutes and lower back for stability.
- **Wall sits (30 seconds)** Strengthens legs and improves endurance while being joint-friendly.
- **Modified push-ups (10 reps)** Targets the upper body with a gentler approach – use a wall or do knee push-ups.
- **Standing calf raises (15 reps)** Boosts lower-body strength and improves circulation.

As you get stronger, increase the reps or add light resistance, like a water bottle or your baby for an extra challenge!

> YOU DON'T NEED A GYM OR HOURS OF FREE TIME TO STAY FIT

FOR TODDLER MOMS: TURN PLAYTIME INTO A WORKOUT

Once your baby is mobile, structured workouts become trickier. The solution? Make fitness fun and functional by moving with your toddler instead of waiting for alone time.

Park & Playground Workouts

Turn playtime into a workout by getting active while your little one explores.

- **Monkey bar hangs:** While your toddler climbs, hang onto the bars to build grip and arm strength.
- **Step-ups on a bench (10 reps per leg):** Strengthen your legs and glutes by stepping up and down on a sturdy bench.
- **Incline push-ups on a slide (10 reps):** Place your hands on the slide and do push-ups to work your upper body.
- **Sprint & chase:** Running after your toddler isn't just fun, it's a great way to sneak in cardio!

Make the most of your park visits by moving with your little one and getting stronger together.

Toddler-Included Workouts (10–15 minute session)

No need for your little one to sit still, get them moving with you!

- **Squat & lift (10 reps):** Hold your toddler while squatting, then lift them up as you stand, great for your legs and arms.
- **Plank high-fives (30 sec):** Get into a plank and have your toddler give you high-fives to keep it fun.
- **Bear crawls (10 steps forward & back):** Crawl alongside your toddler to strengthen your core and shoulders.
- **Jump together (10 reps):** Hold hands and jump together – toddlers love it and it's a great cardio boost!

Make workouts playful and engaging. Your toddler gets to join the fun and you get stronger in the process!

MOM GUILT? LET IT GO!

Prioritising your well-being is not selfish – it's essential. Moving your body gives you more energy, strength and confidence, helping you show up as the best version of yourself. Even just 10 minutes a day makes a difference. Plus, when your little one sees you staying active, they learn that movement is a natural and fun part of life.

Whether it's stroller walks, dance parties, playground workouts or quick sessions during nap time, find what works for you, enjoy the process and keep moving. You've got this, mama!

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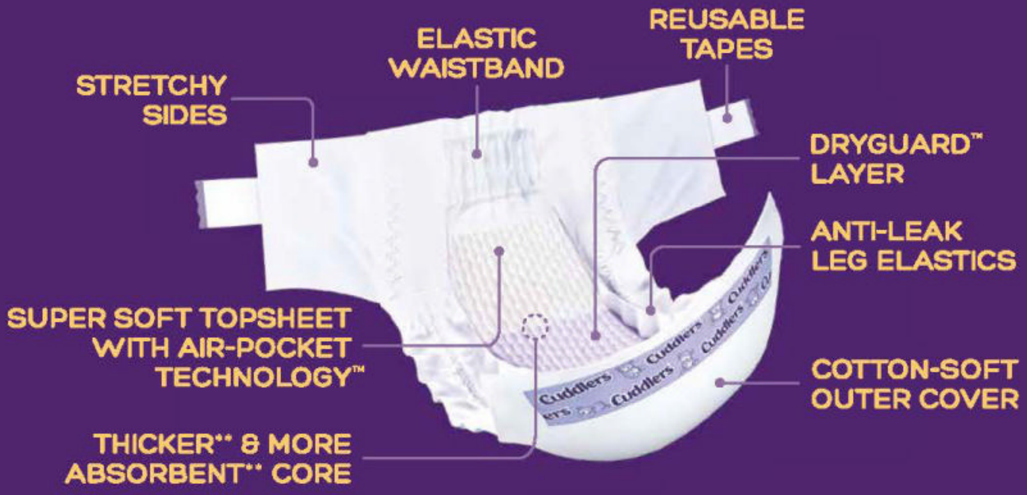
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> – LISA WEED

FAMILY & Home

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Chef Liziwe Matloha helps us turn the kitchen into a place of love

PHOTOGRAPHY: FREEPIK

Words
Bulelwa Payi

Nannies 101

Here's a guide to help you create a consistent approach to raising your little ones

For several months after I left my first son in the care of a nanny, I would come home from work and check him for any signs of beating. Entrusting a child into the care of another person is the toughest decision to make, and a nanny will be alone with your child for long periods of time.

'Nannies are there to be "mom" while mom or dad is out working, so look for someone who you think will care for your child as you would,' says Natasha Fieliciano from The Nanny Agency.

SO WHAT QUALITIES SHOULD PARENTS LOOK FOR IN A NANNY?

Natasha says: 'A nanny should have a calm nature, have a passion for what she does and really enjoy working with young children and babies. She should also be able to handle an emergency if the need arises by responding calmly and putting the needs of the child first. Someone who has good values and is trustworthy is also valuable.'

Celeste Rushby, a parenting coach, occupational therapist and owner of Munchkins Parenting, also believes that a nanny should have the type of temperament that the child can relate to. 'For example, if your child gets overwhelmed by enthusiastic and loud people, you would avoid this. What is more important than experience is an eagerness to learn and grow. This way you can shape their methods to be what you would like them to be rather than getting someone that is entitled and stuck in their ways.'

It is also important to have a nanny who shares the same parenting style and values as you. In the book *Raising Happy, Healthy Children*, Munchkins Parenting describes the five main parenting styles. Celeste summarises them as follows:

- The 'Nurturer' loves to hold, protect, avoid conflict, protect the child from consequences and give in to all the child's wants.
- Secondly, the 'Sergeant Major' has very clear, consistent boundaries. They do not repeat their instructions and are not afraid to say no. Although they have fun with their children, they do not allow a sliver of disobedience or disrespect.
- Thirdly, we have the 'Teacher/Trainer' who likes to reason with the child, discuss how their actions affect those around them and use natural and logical consequences rather than time-outs.
- Fourthly, there's the 'Coach'. The Coach takes a step back. They help the child find their own solutions through open discussions. They use a lot of active listening and allow natural consequences.
- The fifth parenting style is the 'Friend'. The Friend does not get involved in the 'hard stuff'. They just want to have fun together and would rather leave the interventions to somebody else.

'None of these are wrong, they just need to be used at the correct time of the child's life. A baby needs a Nurturer. An 18-month to five-year-old needs a Sergeant Major,' says Celeste.

Natasha also says people will generally follow the parenting style with which they were raised unless they have a very specific parenting style they want to put in place.

The experts also advise that you ask the right questions when hiring a nanny. 'You can ask them what they would do in specific scenarios. For example, if the child was crying when mom left, or if the child hit another child at the park, etc. It also helps to leave the nanny alone with the child in the adjoining room while you "go make some tea", and use this time to monitor their interactions unobtrusively,' says Celeste.

'The way someone talks about their past experiences and how they dealt with it, and asking them to talk about the previous children they cared for, should give an insight into the nanny and her abilities and how she feels about being a nanny. I often tell moms to go with their gut – if they are interviewing four nannies, the one they feel they connect with the best is generally the one they should trial and then employ,' adds Natasha.

Celeste also highly recommends asking the nanny about their spiritual beliefs to make sure they are in line with yours.

If, for some reason, the relationship with the nanny doesn't work out, the experts advise on cutting the cord. 'If the nanny is not raising your child the way you want them to, it is a breach of contract, and they should be given a written warning. Don't delay in finding someone who does,' says Celeste.

PARENTS ALSO HAVE TO HONOUR THEIR OBLIGATIONS TO THE NANNY. NATASHA EMPHASISES THE FOLLOWING:

- **Pay the nanny a fair salary for the work she is doing,** taking care of your precious baby/child.
- **Ensure the nanny has a contract in place** and that UIF is being paid so she can claim if her employment is terminated.
- **Pay the nanny on time.** And do not expect the nanny to work overtime or weekends without paying them.
- **Give positive feedback to encourage the nanny to do her best.** You can have tea together where you share any compliments and discuss any concerns.

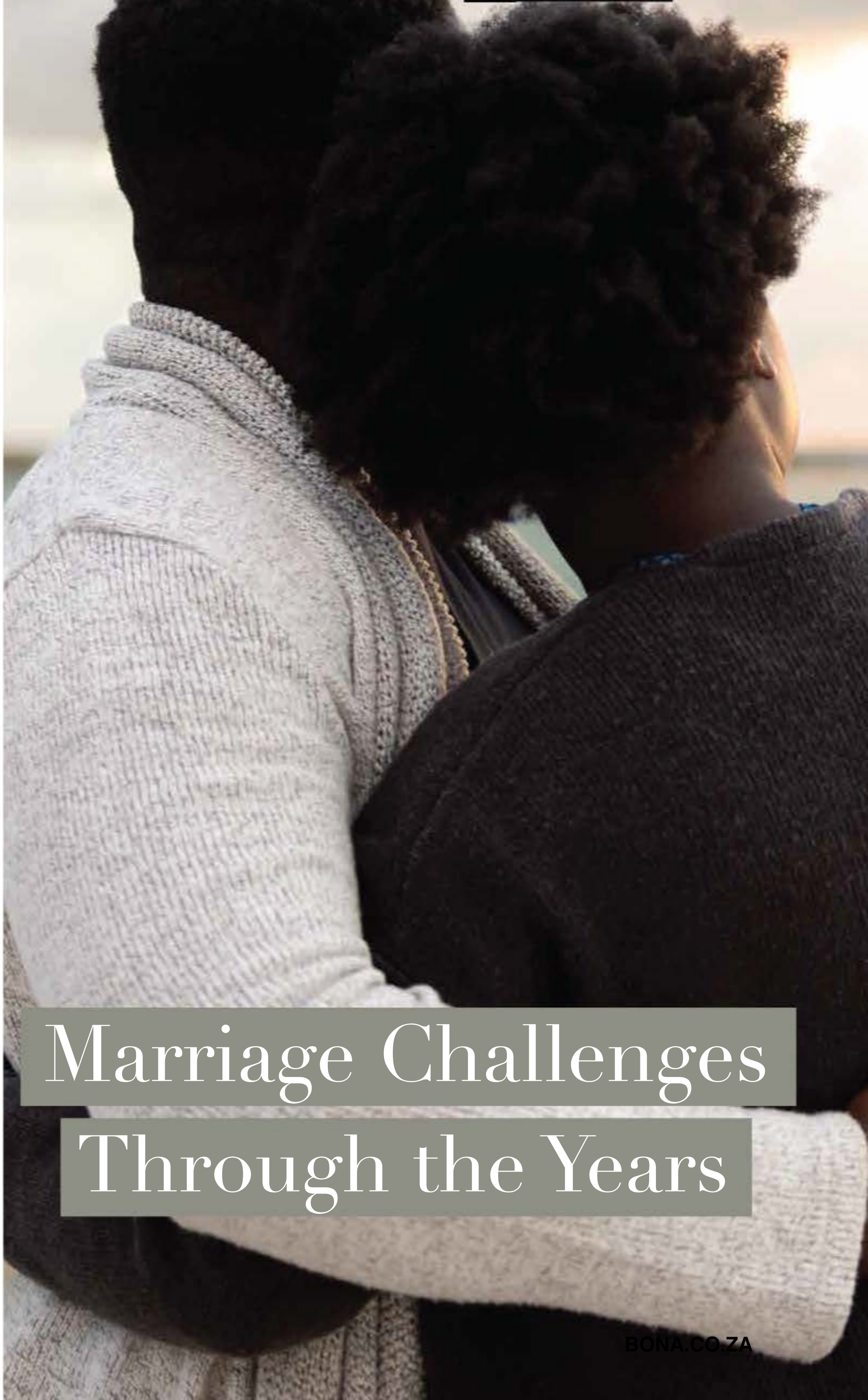
Good nanny/parent partnerships help give kids the best start in life.

PHOTOGRAPHY: FREEPIK, ISTOCK

Marriage Challenges Through the Years

From adjusting to life together as newly-weds to rediscovering each other after 20 years, sharing a life together comes with ups and downs

Words
Bulelwa Payi



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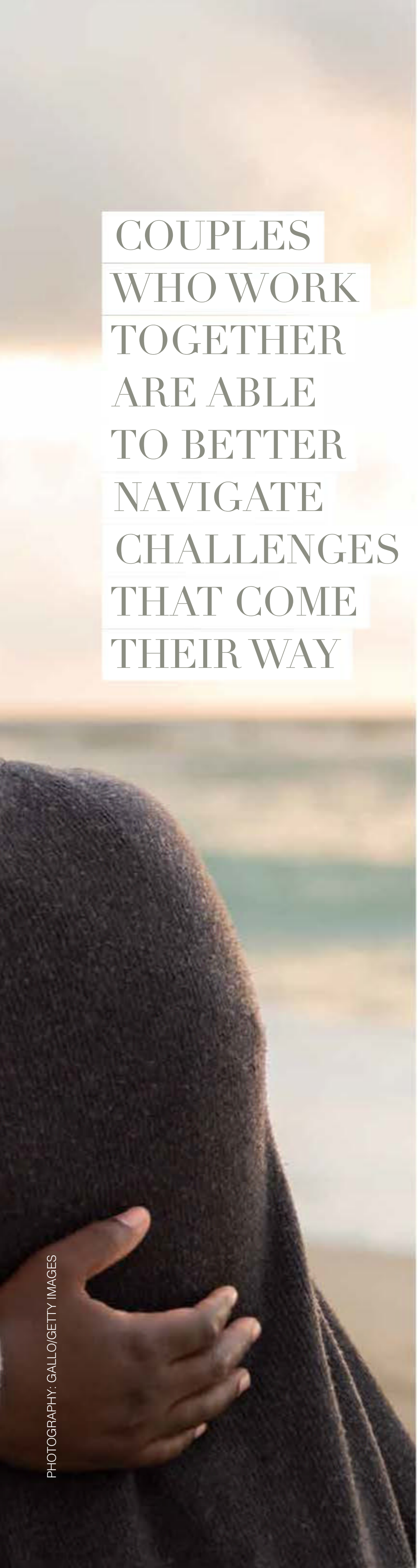
Marriage is a beautiful union of two hearts. It's a commitment to stand by your partner and navigate life together. All married couples desire to have a happy and healthy marriage. But in married life, partners face conflicts, shifting priorities and disappointments. Life has a way of testing us, often when we least expect it.

Some marriages may flourish with each passing year. However, there are common years during which many couples face great difficulties. These seasons are characterised by greater conflict, confusion and struggles. Let's discuss in closer detail:

THE HONEYMOON PHASE

Emily Vumazonke, a professional social worker who specialises in marital counselling and life coaching and runs her own practice in Cape Town, says the first year of marriage, which is termed the 'honeymoon' phase, is not all rosy. 'It can be difficult for one party, or both. This may also depend on whether the couple had gone for pre-marital counselling or not.

'If there has not been any, it may be difficult to adjust from being a bachelor, for example, to a husband in terms of lifestyle and decision-making. Or from being an independent woman to having to adjust and accommodate the other party in one's life. In this phase, both parties are striving to get to a point of accommodating each other in their separate lives, where some old habits need to be let go of,' adds Emily.



COUPLES WHO WORK TOGETHER ARE ABLE TO BETTER NAVIGATE CHALLENGES THAT COME THEIR WAY

PHOTOGRAPHY: GALLO/GETTY IMAGES

This may include stopping possible multiple relationships, uprooting oneself from certain groups or friends and having to adapt to new ways of doing things. According to Emily, the couple may now have joint finances, spend holidays together and make space for each other's families. One of the partners may even have to move from their own town/city or suburb to be with the other or even adopt a new religion.

YEAR 5

Emily says the fifth year may be even more difficult. It's mostly characterised by a great shift of taking on parental and extensive responsibilities. This may be challenging for couples. They may be planning to have children (if they do not have any yet) or planning for their children's future. Parenting also comes with many decisions, for example, deciding on the parenting style you will both adopt in dealing with the different children's personalities. Furthermore, some of the challenges may be financial, such as buying a home or saving for the children's education and other family responsibilities. There are also extended family expectations or responsibilities to bear with.

YEAR 10

The 10th year is identified as the most difficult year in marriage. The partners are not feeling young any more. They also develop health concerns, career changes, unrealistic expectations and lack of intimacy. 'Due to ageing, some partners may not find each other attractive anymore in terms of physical changes,' says Emily.

Partners may also have different interests now. 'Activities such as quad biking or going out may be less interesting for a 59-year-old partner while the other may still enjoy it. This may lead to one of the partners feeling lonely and even bored. The other may try to meet new people and friends that share similar interests,' explains Emily.

While you used to look forward to having sex, you may experience a lack of intimacy. This may be due to responsibility burn-out, long hours of work and daily responsibility pressures, says Emily. Also, there could be a build up of issues or offences that were not dealt with over the years that may have led to resentment and regrets, contributing to the challenges.

How do you navigate the phases effectively?

Emily advises couples to first seek pre-marital counselling before getting married. 'Pre-marital counselling helps prepare couples psychologically for marriage, taking them through what to expect at each phase.'

Emily also advocates the following:

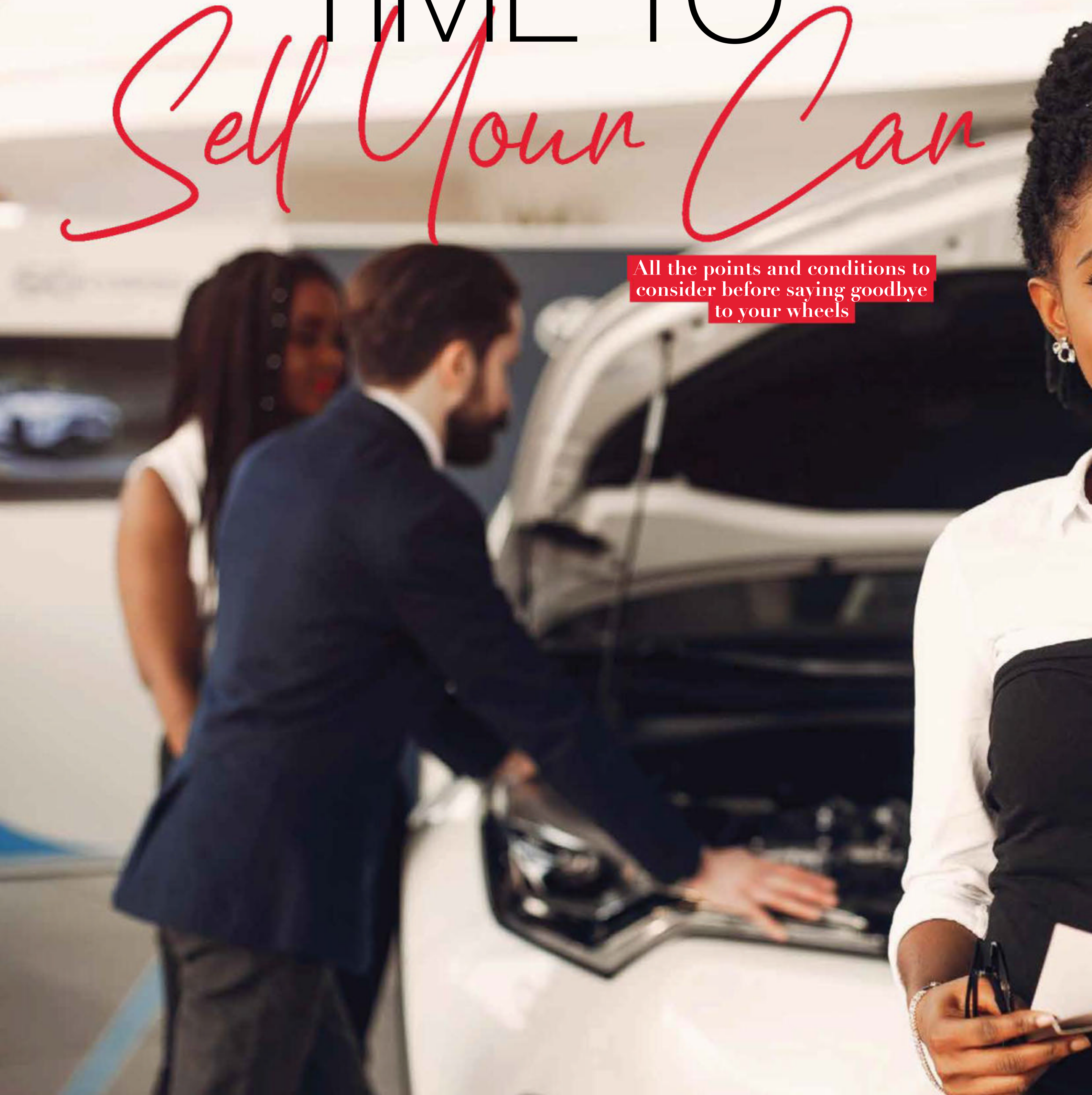
- **Communicating the initial vision of the marriage and each one's expectations:** This is crucial for a healthy relationship. This also provides good insight into where the union is heading and how things should be managed.
- **Understanding your spouse:** Nothing beats understanding one another. This involves paying attention to and studying your partner, their likes and dislikes, interests and passions. This also helps identify non-verbal cues that may provide clues to addressing challenges when they crop up.
- **Consulting:** This is key to preventing undermining the other party. Flexibility is also required for a healthy and sustainable marriage where parties value each other's inputs, views and ideas, leading to well-thought-out or sober decision-making adopted by both parties.
- **Being honest.** Honesty has the ability to build trust among couples, and research has proven this over and over again. Schneider et al., (2012) point out that when it comes to relationships, it is recommended to start with honesty. Honesty means to hold one's integrity, principles, beliefs, actions and intentions. Where honesty is, understanding breeds.

Emily also believes that consistency will lead to the sustainability of the marriage. 'Humility, respect and oneness seal the deal,' she says. 'From a therapist's point of view, it is also crucial for married couples to include therapy as their go-to medium for consultation, mediation and continuous marital service,' she adds.

Relationships evolve and so do people. But couples who work together, listen to and understand each other, are able to better navigate challenges that come their way.

THE BEST TIME TO *Sell Your Car*

All the points and conditions to consider before saying goodbye to your wheels



EACH CAR LOSES VALUE OVER TIME

So, you're looking to part with your car and you're more than ready to get on with it. Just stop before you do. Knowing when to sell is just as valuable as the bells and whistles of your vehicle. How you go about it is also a key factor.

We've gone into detail on the points and conditions you should consider before selling your car.

DEPRECIATION

Each car loses value over time, but not all cars lose value at the same rate. Some brands and models drop in value faster than others. So, when you are thinking about selling your car, check how much it is currently worth and compare it to similar models.

VEHICLE CATEGORY

Demand for different vehicles fluctuates throughout the year. For example, SUVs are often in higher demand during school holidays when parents seek something more comfortable and spacious for travelling. On the other hand, entry-level vehicles are far more popular at the beginning of the year, particularly among matric students who have left school and those starting university or their first job.

LOCATION

How well cars sell can change depending on where you are. In bustling cities, there are more people buying and selling cars, causing things to move faster. In some instances, people even look at other areas to find the best price for their car. Knowing what's going on in your area can help you get a better deal.

TIMING TRULY IS EVERYTHING WHEN IT COMES TO SELLING YOUR CAR

THE ECONOMY

There is more to buying and selling used cars than focusing on times of the year. It's affected by factors such as borrowing costs, the confidence people have in spending money and the number of cars available compared with the number of people who want to buy them.

THE TIMING

Timing truly is everything when it comes to selling your car. While it may seem convenient to sell the moment you feel ready, aligning your sale with market demand can significantly boost your return. Typically, the end of the year – especially around October to December – is an ideal window. Dealerships begin clearing out old stock to make room for new models, and buyers are on the hunt for good deals, making it a competitive season. Things like incentives are offered to customers, which leads to more trade-ins and more vehicles available to choose from.

As mentioned, early in the year (January to March), there's also increased demand for entry-level vehicles due to new graduates entering the workforce or students starting university – this is particularly helpful if you're selling a budget-friendly car.

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9 Must-try date treats

LIFESTYLE

Meghan Markle's Netflix cooking show "With Love, Meghan" premieres this March

SCAN FOR A FEAST OF FLAVOUR

FOLLOW US ON:

Top Tip

Get the best deal on your car whether you trade it in at a dealership or sell privately by following the market and recognising the seasonal demand for different vehicles.

PHOTOGRAPHY: PEXELS

OTHER FACTORS

Weather plays a role too. Convertibles tend to sell better in spring and summer, while 4×4s and SUVs may be more appealing in winter or during school holiday periods.

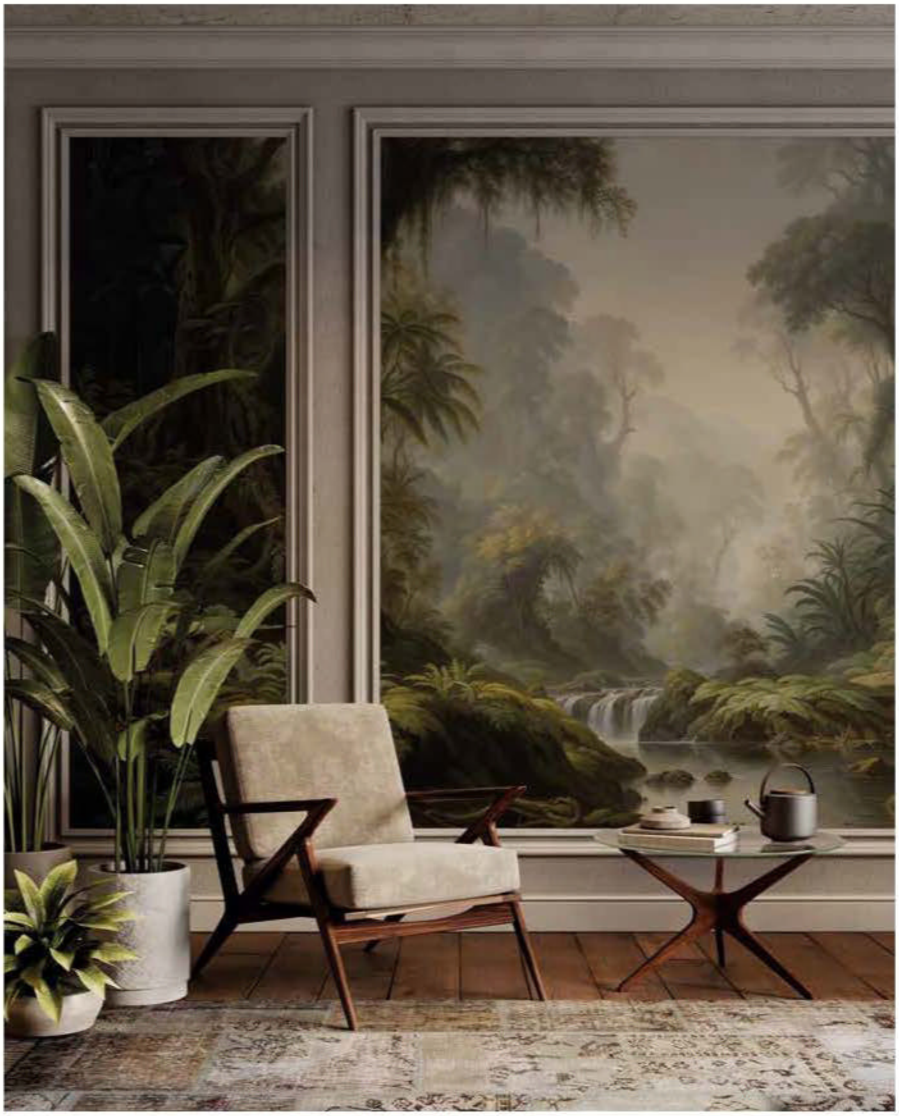
Also, pay attention to your car's mileage. Selling just before a major service milestone – like 100 000 km – can make your car more attractive to buyers who want to avoid immediate maintenance costs.

By combining these seasonal insights with solid preparation, you can sell confidently and at a price that reflects your car's true value.

Words
Marchelle Abrahams

Colour Co-ordinating Your Home

Finding the perfect mix of bold accents and classic neutrals without overwhelming your space



What do the whitewashed walls of Santorini with its blue domes and the vivid display of Bo-Kaap's heritage homes against the majestic Table Mountain have in common? Co-ordinating colours...

CO-ORDINATING COLOURS

How amazing that a kaleidoscope of colour can induce happiness, serenity or joy. No wonder we look to various tones to help set the mood in our homes. Dopamine decor has been dominating interior trends since last year. Ranking sixth on TikTok's interior trends, *Elle Decor* says there's a fascinating science behind the concept. Yes, it's about mixing and matching 'happy' colours, but it goes deeper than that.

Interior designer Isfira Jensen told the publication that the design philosophy is much needed after years of neutral and minimalist formations.

People yearn for emotionally uplifting spaces and the dopamine effect ticks all the boxes. When it comes to your interiors, personal touches and thoughtful curation transform a house into a home, says Yael Geffen, CEO of Lew Geffen Sotheby's International Realty.

Herein lies the sweet spot in colour co-ordinating your home. Yael explains that creating a space that reflects your unique style requires an artful balance of creativity, individuality and refinement.

THE BLUEST EYE

Trend forecasters agree we'll be seeing more blue in 2025. The vibrant and versatile hue complements just about any colour.

Decor magazine *House Beautiful* notes that various shades of blue work anywhere in the home. It encompasses a cohesive design scheme that never dates, from kitchen cabinets to bedroom walls.

Visualising the colour to fit any design aesthetic makes it that more adaptable. Orange is blue's official opposite on the colour wheel, but if you're going for a more relaxed vibe, pairing blue with cool tones like grey can give a room a soothing, cosy feel.

MURALS AND MOULDINGS

Statement walls are also coming into their own. Forget striped wallpaper or cottagecore-inspired prints.

James Mellan-Matulewicz, Creative Director of Bobbi Beck, believes framed

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murals will be the go-to choice for homeowners wanting to add personality and luxury touches without the renovation work. James says that framed murals are perfect for both traditional and contemporary spaces. The trend is an accessible way to create visual impact without structural changes.

Easy to install, flexible and affordable, James adds: 'This trend is about celebrating individuality and craftsmanship, helping homeowners create truly personal and inspiring interiors.'

CHOOSING YOUR IDEAL COLOURS

Selecting the tones for your walls, furniture and decor has a direct impact on the overall look. Ideally, you want a stylish, cohesive colour palette reflecting your personality and taste.

Here's where a colour wheel comes in handy. The colour wheel breaks the spectrum into 12 main hues, making it easy to see how colours relate: three primary colours, three secondary ones and six tertiary shades in between. It's a helpful reference for deciding which colours suit each other.

A complementary colour scheme uses two colours directly opposite each other on the colour wheel. As previously mentioned, blue and orange work well together and bring energy to a space.

It is essential not to let one colour overwhelm the other. Use one tone for a wall or furniture while the other can be used as an accent.

Also, remember to keep a complementary colour palette balanced – go for shades with similar undertones and intensity.

TIMELESS DECOR

Yael suggests creating unique colour themes for different spaces. 'Each room in a luxury home serves a distinct purpose and can reflect a unique theme or mood,' she says. 'Personalisation allows these spaces to resonate with specific intentions.'

Another suggestion is to combine contemporary trends with timeless style. When balanced correctly, Yael explains that contemporary innovation and timeless elegance 'can be the essence of luxury'.

While neutral tones are classic and remain a good foundation, consider incorporating bold colours or textures for accent walls, statement furniture, or artwork. 'This adds depth and vibrancy without overwhelming the space,' notes Yael.

FIFTY SHADES OF GREY

Monochromatic colours bring drama and intrigue. The variations of one hue adjust the shades, tones and tints, resulting in a vibrant contrast. Some people tend to go overboard so it's best to exercise some restraint.

Analogous colours are colour combinations next to each other on the colour wheel. If you want to play it safe, you will probably want to consider this option. The only downside is that the shades look similar. Choose one shade as the dominant feature and another two as accents.

And then we have complementary colours – proof that opposites do attract. This scheme creates distance between different elements.

The result can be a bold and intense vibe; perfect if that's your vision. However, if that's not the look you're going for, you might want to steer clear of this one.

All in all, colour coordinating your home is a fab idea as long as you stick to the basic rules and follow the colour wheel.

Lastly, reimagining your living spaces is a fluid process. Don't rush things. Give it thought and play around with ideas until they take root in your mind. Take inspiration from social media and see how interior designers implement the concept.

At the end of the day, it's your home and your vision. Have fun bringing it to life!

PHOTOGRAPHY: COURTESY IMAGES

MAXI MISE Your Living Space

Use smart storage and nifty multifunctional items to keep your home organised

Words
Akhona Ndlela

There are many advantages to living in a small space, such as cosy nooks, useful layouts and one that does not come as a surprise, the affordable rent, but there are also disadvantages. One of the biggest obstacles? Keeping things organised while avoiding the clutter.

As people downsize or move into smaller spaces, creative organising techniques have become increasingly important. Trying to make the most of a small place can feel like a never-ending task, whether you're living in a modest house, an apartment in the city or a comfortable studio.

Today, there are more multifunctional furniture pieces and creative storage solutions than ever before. So, do not worry, with the right items you can turn any small space into a neat, practical haven.

If you're struggling to organise your space, interior designer Lebo Zondi offers a distinct viewpoint on small-space design by highlighting the value of both aesthetics and practicality. No matter the size, her work promotes intentional, goal-oriented areas that feel roomy and harmonious.

SMART & MULTIFUNCTIONAL ESSENTIALS

Every square inch matters in tiny living areas. To maintain both style and order you need multipurpose and space-saving pieces. Without sacrificing style, they maximise storage, lessen clutter and improve a room's general functionality.

These solutions, which range from wall-mounted storage and foldable furniture to modular shelving and concealed compartments, are made to maximise small spaces. Accessories such as organisers that also serve as decor, can make a big difference in converting a small space into a harmonious combination of style and utility.

WHY NIFTY ITEMS MATTER IN SMALL LIVING SPACES

The right organising tools can completely change the way a space feels and operates. Nifty items not only help store belongings neatly, but they also encourage smarter living habits by reducing clutter and creating intentional zones for relaxation, work or sleep. These solutions bring harmony to homes where space is limited, allowing home owners to enjoy a more comfortable and streamlined lifestyle.

FUNCTION WITHOUT COMPROMISE

Organising without compromising your preferred aesthetic is both possible and necessary. Pick pieces that complement your overall style, whether it's sleek industrial, cosy boho or modern minimalism. Storage doesn't have to be concealed; woven baskets, sculptured bookends and decorative boxes can be both aesthetically pleasing and useful. Every item in a small space should feel purposeful and blend in with the overall design of the space rather than looking out of place.

Pro Tip

Choose multipurpose pieces, such as an ottoman or full-length mirror that can store items. Function and beauty should be able to go hand in hand.

COMMON SMALL-SPACE CHALLENGES AND SOLUTIONS

Small spaces come with a unique set of challenges, but each one offers a chance to get creative:

Lack of storage space: Use vertical storage when you don't have a closet or cabinet in your room. Install hooks, pegboards and shelves on the wall. Make use of above-cabinet bins, under-bed containers and multipurpose furniture, such as nesting tables or beds with drawers.

Build-up of clutter: Mess grows quickly in cramped quarters. When bringing new things home, follow the 'one in, one out' rule. To keep things organised, use clever organisers like stackable containers, labelled bins and drawer dividers and select closed storage options to minimise visual clutter and maintain clean surfaces.

Limited functionality: Zoning is important if your living room doubles as your office or bedroom. To demarcate distinct spaces, use shelving or rugs. Murphy beds and wall-mounted desks are examples of foldable furniture that increase versatility. Rolling carts and other mobile pieces are also easy to move around as your needs change.

Feeling dark or cramped: Emphasise openness and light to avoid a cramped feeling. Light-coloured walls, glass surfaces and mirrors can all visually enlarge the room. LED strips or wall sconces are examples of strategically placed lighting that adds brightness and depth without taking up floor space.

Maintaining visual appeal: Storage can also be fashionable. Colour-coordinated bins, stylish baskets and decorative trays give your room a cohesive appearance while fulfilling a functional need. To create a deliberate and welcoming atmosphere, try to maintain a consistent design theme throughout the room.

ORGANISERS THAT WORK IN ANY SMALL SPACE

In small spaces, certain organising tools really shine. The best way to combine comfort and functionality is with multipurpose furniture, such as Murphy beds with shelves or ottomans with concealed compartments. Pegboards and floating shelves offer versatile wall storage without taking up too much space on the floor. Cabinets and closets are maximised by clever accessories, such as hoover storage bags or stackable clear bins. Try a full-length mirror with concealed storage or LED motion-sensor lights beneath cabinets for a subtly opulent touch that combines style and functionality.

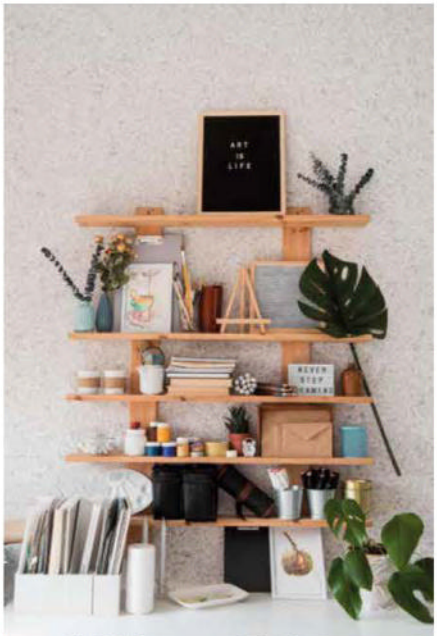
Although they work hard in the background, clever items should feel like a natural extension of the design of your house. With thoughtful selection, these solutions can help turn a tiny living area into a sanctuary of comfort, order and individual flair.

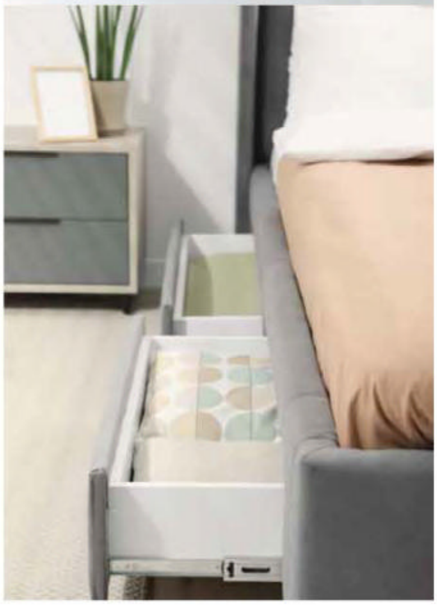
Pro Tip

Making wise design decisions can have a huge impact, whether you're following the minimalist movement or just working with a small space. Consider investing in furniture that combines form, function and a dash of sophistication rather than sticking to the norm.

MEET THE EXPERT

Lebo Zondi is a professionally trained interior designer and the visionary behind Ipapatse Interiors, a black woman-owned company dedicated to creating luxurious interiors that radiate energy and promote a profound sense of well-being.





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AVOCADOS & EGGS

a match made in culinary heaven!

Two of the most versatile ingredients to grace our kitchens must be the egg and the avocado. Both oval in shape and sources of healthy fats, these two little powerhouses transform meals from bland and boring to rich and rewarding. Plus, they're easy to get your hands on and can be paired with practically any pantry staple to create hunger-busting dishes the whole family will love.

Renowned for their high-quality protein content, one large egg packs an impressive 7 g of protein making them extremely cost-effective compared to many other fresh animal protein sources. Protein is known for its staying power, helping to keep hunger at bay longer than carbs or unhealthy fats.

Similarly, the healthy monounsaturated fats found in avocados give a feeling of fullness, which reduces the temptation to overeat or binge on less healthy foods. Avos are packed with these heart-healthy monounsaturated fats; just one serving (50 g) of avocado contains 5 g of good fats.

If those weren't delicious enough reasons to start dreaming up your perfect avo-egg combos, try these bite sized facts: eggs are also a source of a host of vitamins and minerals while avocados are high in energy, vitamin K, biotin and are a source of fibre. They're also equally versatile in the kitchen, needing very little preparation to enjoy these nutritional benefits.

Elevate your family menu with dazzling new dishes. Simply add an avo or two and affordable, anytime eggs and transform the mundane into something magical!

For further information and recipes, visit **www.avocado.co.za** and **www.sapoultry.co.za**, like **@iloveavocadoSA** and **EGGcellentFood** on Facebook and follow **@iloveavosSA** and **eggcellentfoodsa** on Instagram.

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Affordable EGGS Any time, any meal...

Avos are the ultimate companion for breakfast, lunch and dinner, and ideal for on-the-go snacks. The best part? They're quick and easy to prepare and incorporate into any dish.

Eggs are no longer for morning meals only and are happy being served at any time of day! They're also affordable and accessible, leaving you with no excuse not to put them in your trolley.

GIANT RÖSTI WITH BAKED EGGS AND AVO

SERVES: 4
PREPARATION TIME: 20 minutes
COOKING TIME: 40 minutes
COST PER RECIPE: Serves 4 for under R100

INGREDIENTS:

- Salt and pepper
- 1 kg potatoes, coarsely grated (with skin)
- Canola oil for cooking
- 4 eggs
- 5 ml (1 tsp) mustard (like Dijon)
- Juice of 2 lemons
- 2 avocados
- 1 tomato, chopped
- Handful coriander, chopped

METHOD:

1. Preheat oven to 200°C. Grease a 30 cm x 40 cm baking dish. Mix 10 ml (2 tsp) salt through the potatoes. Set aside for 5 minutes.
2. Squeeze the excess liquid out of the potatoes, then mix through 30 ml (2 tbsp) oil. Scatter (don't press) into the prepared dish. Roast for about 30 minutes or until golden and crispy.
3. Break eggs on top of the rösti and bake for about 10 minutes for runny yolks or until cooked to your liking.
4. Meanwhile, make a dressing by blitzing together the mustard, 30 ml (2 tbsp) of the lemon juice, 60 ml (¼ cup) oil and ½ an avocado. Season with salt and pepper.
5. Make a salsa by chopping ½ an avocado and mixing it with tomato, coriander and remaining lemon juice. Season with salt and pepper.
6. Serve the rösti topped with the salsa, dressing and remaining avocado, sliced.

For further information and recipes, visit **www.avocado.co.za** and **www.sapoultry.co.za**, like **@iloveavocadoSA** and **EGGcellentFood** on Facebook and follow **@iloveavosSA** and **eggcellentfoodsa** on Instagram.

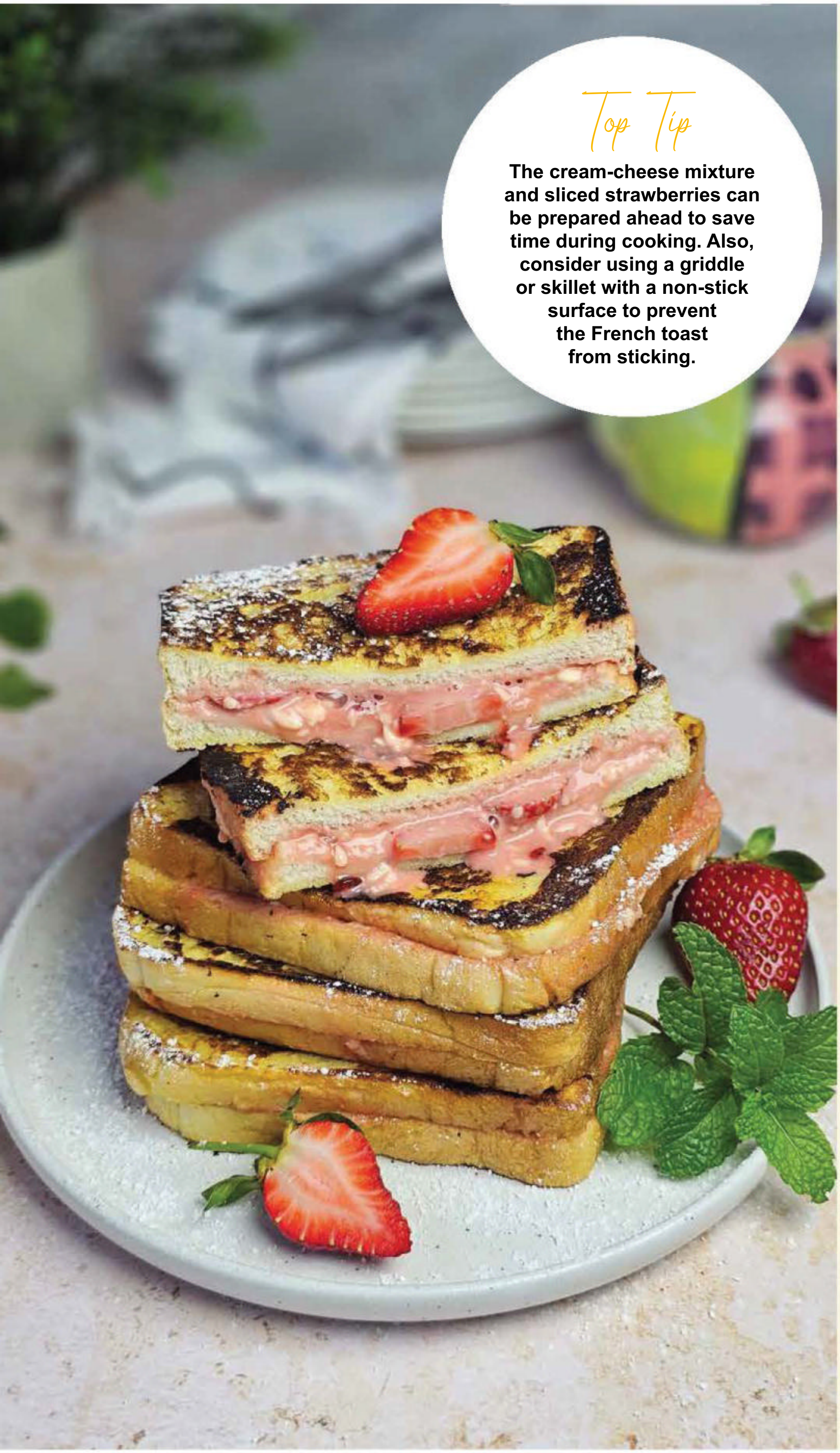
Meals Served with love

Turn your kitchen into a place of love with chef Liziwe Matloha's must-try recipes and easy hosting ideas

WORDS Kim Mathee
RECIPES Liziwe Matloha

With the weather being cold, it is the perfect opportunity to spend time with family and friends indoors. And what better way to do this than through enjoying a meal around the dinner table.

For Liziwe Matloha, a celebrated chef, cookbook author and mother, food is at the heart of every special occasion. With a passion for cooking that started in her childhood and blossomed into a thriving career, Liziwe has become a household name, sharing her love for home-cooked meals through her cookbook, cooking classes and TV appearances. As a mom herself, she understands the importance of creating meaningful moments around the table, making her the perfect guide to hosting unforgettable family dinners. Here, she shares her journey, top hosting tips and must-try recipes to help you celebrate your loved ones.



Top Tip

The cream-cheese mixture and sliced strawberries can be prepared ahead to save time during cooking. Also, consider using a griddle or skillet with a non-stick surface to prevent the French toast from sticking.

Strawberry Cream-Cheese-Stuffed French Toast

PREP TIME: 10 minutes
COOKING TIME: 6–8 minutes
SERVINGS: 2 (depending on serving size)

INGREDIENTS

½	**cup cream cheese, softened**
¼	**cup strawberry jam**
¼	**cup thinly sliced strawberries, plus extra for garnishing**
4	**slices of bread**
3	**large eggs**
½	**cup milk**
	Cinnamon or vanilla extract for flavour
	Fresh mint leaves, for garnishing
2	**tbsp icing sugar**
	Maple syrup or honey, for serving (optional)

METHOD

IN A BOWL, gently mix together cream cheese, strawberry jam and the sliced strawberries.

LAY two slices of bread on a flat surface.

SPREAD the cream-cheese mixture evenly onto one slice of bread.

PLACE the second slice of bread on top to create a sandwich.

IN A SEPARATE BOWL, whisk together eggs, milk and cinnamon or vanilla extract.

HEAT a non-stick pan or griddle over medium heat.

DIP the sandwich into the egg mixture, coating both sides evenly.

PLACE the sandwich on a non-stick pan or griddle and cook for 3–4 minutes on each side, or until golden brown.

SERVE warm garnished with fresh strawberries and mint, dust with icing sugar and drizzle a little maple syrup or honey if using. Enjoy!

Top Tip

Feel free to get creative! You can substitute the short crust premix with home-made pastry or puff pastry, and swap out the salmon for cooked chicken, canned tuna or prawns.

Family Favourite Quiche

PREP TIME: 20 minutes
COOKING TIME: 35–40 minutes
SERVINGS: 4

INGREDIENTS

1	**packet of short crust pie premix**
3	**large eggs**
1½	**cups heavy cream**
	Salt and pepper to taste
½	**cup cooked salmon, flaked**
½	**cup fresh spinach, chopped**
½	**cup feta, crumbled**
	Fresh herbs (optional)

METHOD

PREPARE the pie crust premix according to the package directions.
ROLL out the pie crust dough once it is ready and place it in a 23 cm tart dish, then prick the bottom of the pie crust with a fork.
BLIND bake the pie crust in a preheated oven at 180°C for 7 minutes.
IN A LARGE BOWL, whisk together eggs, heavy cream, salt and pepper.
ADD the flaked salmon, chopped spinach and crumbled feta to the bowl and stir to combine. Season.
POUR the egg mixture into the pie crust.
BAKE the quiche for 35–40 minutes, or until the edges are golden brown and the centre is set.
REMOVE from the oven and let it cool for a few minutes.
SERVE warm, garnished with fresh herbs, if desired.

Top Tip

Make sure to use freshly squeezed lemon juice for the best flavour. If you want to add an extra layer of lemon flavour, you can make a lemon glaze by whisking together 1 cup icing sugar, 3–4 tbsp lemon juice and ¼ tsp vanilla extract. *To adjust the consistency of the glaze: Use less lemon juice for a thick consistency; add extra juice or milk to thin the glaze.*

Lemon Dream Poppy Seed Doughnuts

PREP TIME: About 1 hour 30 minutes (including rising time)
COOKING TIME: About 10–15 minutes (frying time)
SERVINGS: 6–8 doughnuts

INGREDIENTS

½	**cup fresh milk, warmed**
½	**cup warm water**
2	**tsp instant dry yeast**
3	**cups wheat flour**
4	**tbsp white sugar**
1	**tbsp poppy seeds, plus extra for garnishing**
¼	**tsp salt**
2	**large eggs**
3	**tbsp unsalted butter, melted**
1	**tbsp freshly squeezed lemon juice**
1	**tbsp grated lemon zest, plus extra for garnishing**
	Cooking oil for frying

METHOD

IN A SMALL BOWL, combine warm milk, warm water and yeast. Let it sit for 5–7 minutes until frothy.

IN A LARGE MIXING BOWL, whisk together flour, sugar, poppy seeds and salt.

ADD the yeast mixture to the dry ingredients together with the eggs, melted butter, lemon juice and lemon zest. Mix until a smooth dough forms.

PLACE the dough on a flat lightly floured surface and knead the dough for 5–7 minutes until it becomes elastic.

PLACE the dough in a greased bowl, cover it with cling film, and let it rise in a warm place for about 1 hour, or until doubled in size.

PREHEAT oil in a deep frying pan to 180°C.

PUNCH down the dough and roll it out to about 2 cm thickness.

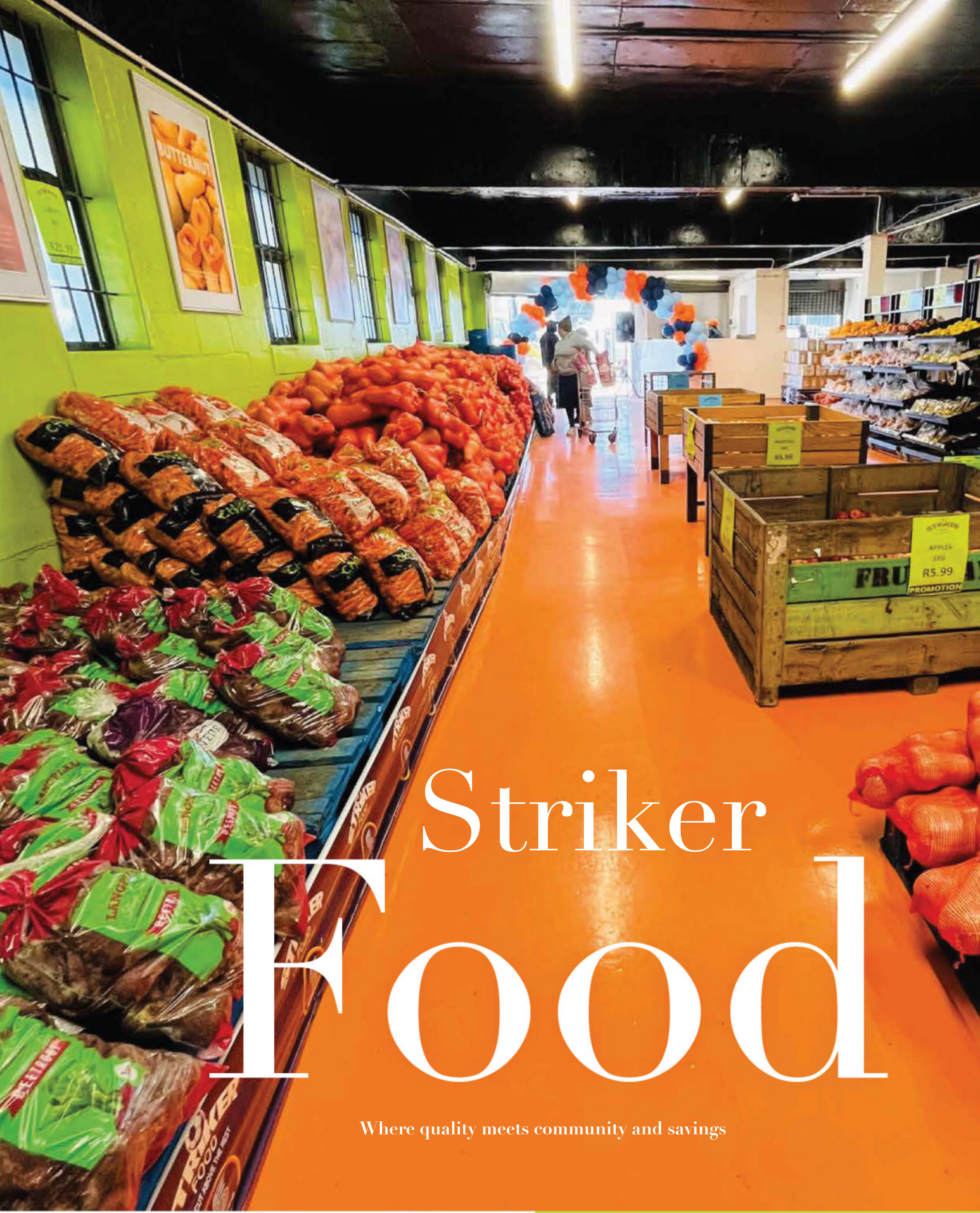
CUT out doughnuts using a doughnut cutter or a glass.

FRY the doughnuts for 1–2 minutes on each side, or until golden brown.

DRAIN the doughnuts on paper towel and let them cool for 5–10 minutes.

DIP the donuts in lemon glaze and garnish with lemon zest and poppy seeds.

PHOTOGRAPHY: COURTESY IMAGES



Striker Food

Where quality meets community and savings

Delicious
PORK

STRIKER FOOD: WHERE QUALITY MEETS COMMUNITY AND EVERY MEAL MATTERS

In some of Cape Town's most vibrant neighbourhoods – Philippi, Kraaifontein, Delft, Khayelitsha and Kayamandi – Striker Food has quietly built a reputation that goes far beyond its aisles. For over a decade, this local grocery and butchery brand has become a cornerstone in the community, offering quality ingredients at affordable prices, with a heartfelt commitment to everyday families. Striker Food is not just a place to shop – it's a place that understands how you live, cook and care.

RAISING THE BAR ON PORK QUALITY

For many South African families, pork is more than just meat – it's a staple of traditional dishes, weekend braais and celebratory spreads. At Striker Food, this isn't taken lightly. Their dedication to sourcing high-quality pork is a point of pride. Every pork chop, sausage or stewing cut is selected for freshness, flavour and food safety – because they know it matters what you feed your family.

Whether you're slow-cooking a tender stew or sizzling pork rashers over open coals, you can trust that Striker's pork selection is reliably fresh, ethically sourced and affordably priced.

A FULL BASKET UNDER ONE ROOF

Striker Food goes beyond being just a great butchery. The stores offer an extensive range of products that make it a one-stop shop for modern home cooks. Their shelves are thoughtfully stocked with:

- Fresh meats: beef, chicken and pork – cut with care by skilled butchers
- Seasonal vegetables: crisp, colourful and delivered regularly
- Daily dairy staples: including milk, cheese, yoghurt and more
- Pantry groceries: from oils and spices to baking goods and tinned staples

Whether you are planning your monthly grocery run or just popping in for ingredients for tonight's dinner, you'll find what you need – with prices designed to stretch every rand.

SHOPPING THAT WORKS FOR YOUR LIFE

Striker Food understands that every household is different – and their services reflect that. For large families or those preparing for events, bulk-buying options help maximise value. Their weekly promotions and the Striker Rewards Card make sure that loyal customers are regularly rewarded with discounts and points toward future savings.

And it's not just about price – it's about making your shopping experience personal, supportive and community-driven.

ROOTED IN THE NEIGHBOURHOODS THEY SERVE

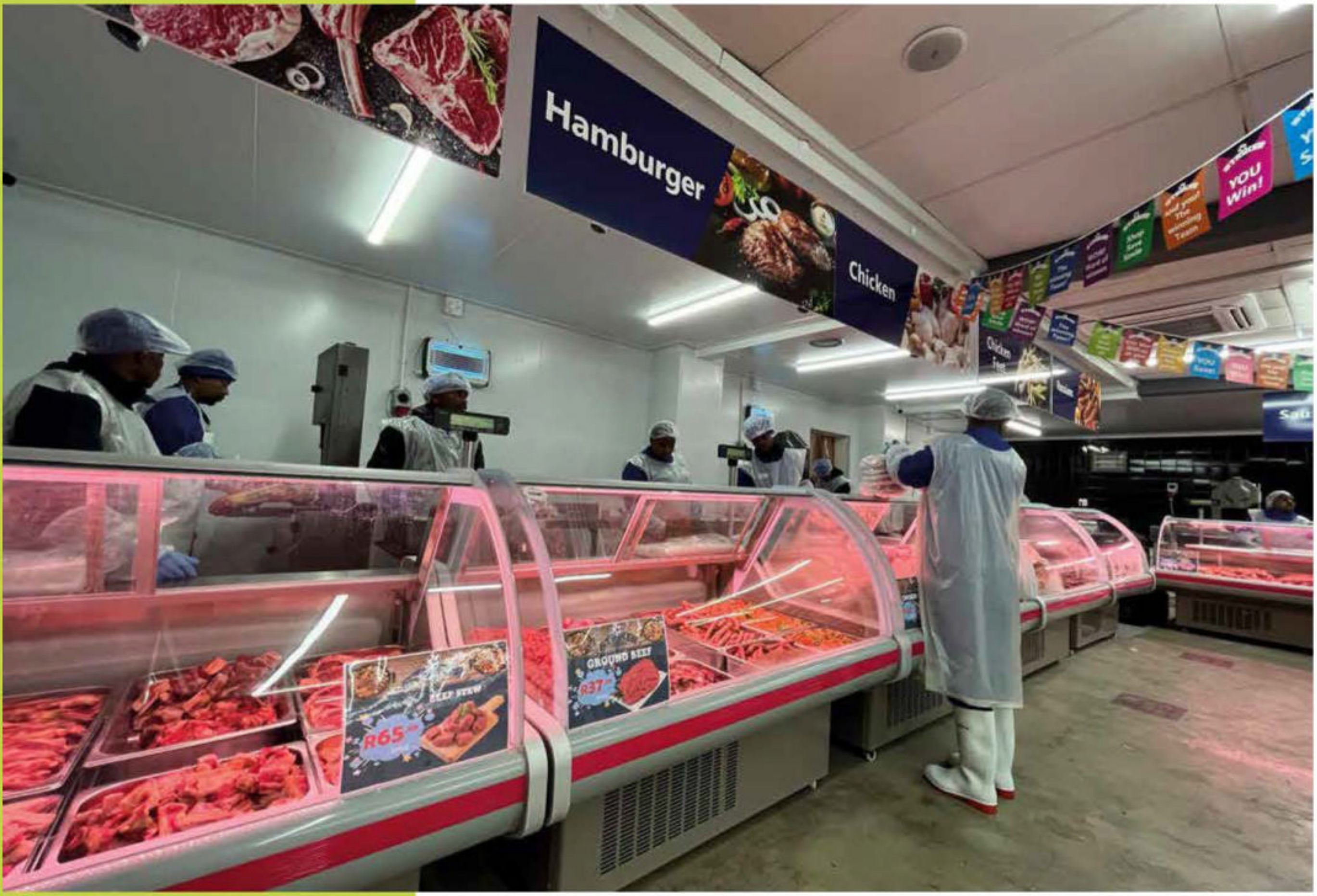
At Striker Food, community isn't a marketing buzzword – it's the reason they do what they do. With stores based in areas often underserved by premium retailers, their goal is clear: to bring dignity, convenience and quality food to the heart of Cape Town's families. Walk into any branch and you'll be greeted by familiar faces – staff who know your name, who will help you find that perfect cut, or recommend something new to try. It's this sense of belonging that's turned shoppers into loyal supporters for over ten years.

COOK WITH CONFIDENCE, SHOP WITH PURPOSE

Whether you're preparing comfort food, nourishing your kids or hosting a gathering, Striker Food makes it easier to cook with confidence – knowing your ingredients are fresh, your meat is top quality and your money is well spent. Visit your nearest Striker Food store and discover what makes this local favourite so special. It's not just a store – it's a partner in your kitchen, a supporter of your family, and a champion of your community.

For more information, visit: *www.strikermeat.com*

WOW! Word of winners
The winning Team!
YOU Save!
YOU Win!
Shop Save Smile
We beat them all
YOU Win! With us on your side
Always striking low prices


Hamburger
Chicken
BEEF STEW
R65
GROUND BEEF
YOU Win!

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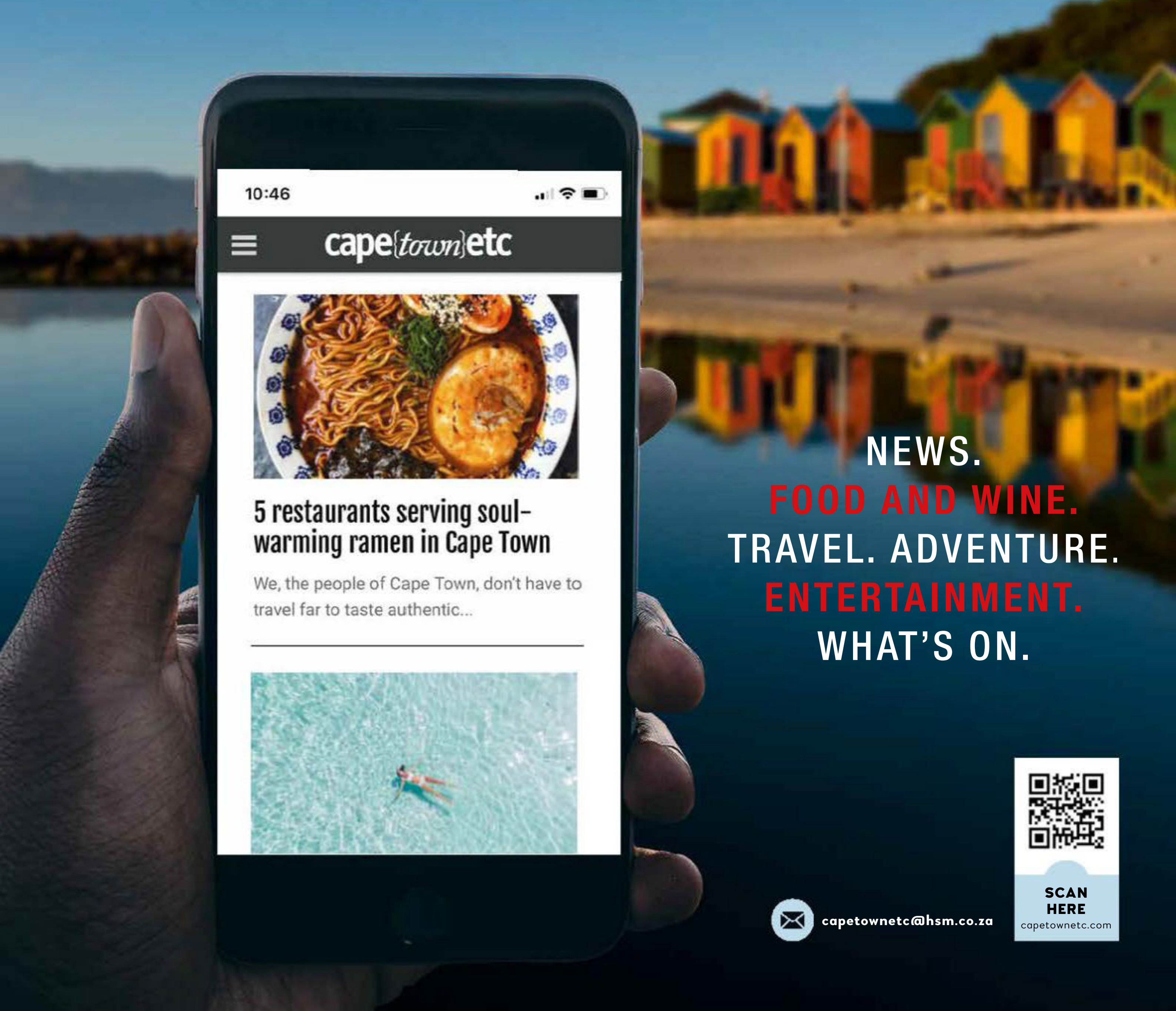
CAPE TOWN FOR CAPETONIANS

Cape Town's favourite site for the real scoop on what's happening in the Mother City



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5 restaurants serving soul-warming ramen in Cape Town

We, the people of Cape Town, don't have to travel far to taste authentic...

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VIVA MKHABA VIVA!

Let’s start a petition to embrace and celebrate our curves. Join the movement to free our bellies!

I would like to start a petition. I am a 43-year-old woman who has been at war with her *mkhaba* since her 20s. It used to be a fair fight – the *mkhaba* and I would both win some and lose some. It was a cute game of cat and mouse until I started popping babies, and then the *mkhaba* had an unfair advantage thanks to the ‘mother’s apron’. Can we take a moment to discuss the ‘mother’s apron’ by the way? Am I the only one who thinks we are low-key being called kangaroos? Anyway, back to my petition.

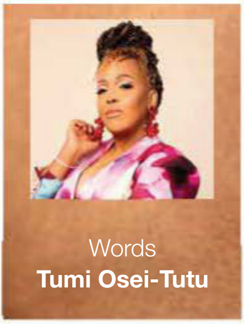
For too long we have allowed it to be cute when daddy has a belly. Oh, it’s a sign of wealth. Oh, it’s a sign of the good life. Or we accept it because it’s the ‘corporate muscle’ of a blesser. And yet, those of us who have had our bellies distended by stress, hormones and childbearing have to bear the torture of ‘suck-me-ins’ and industrial strength body shapers to hide our ‘mother’s aprons’ and ‘muffin tops’. My dear, if I were to tell you how many nails have met their demise in the middle of me trying to temporarily imprison my extra chunkiness in one of those sadistic contraptions. I actually got lightheaded once from wearing one – I think it may have even strangled my soul.

I am yet to see a man talk about how he has to extricate himself from a body shaper to use the bathroom, and my goodness they come as bent out of shape as we do, if not worse, because at least we have the hips to balance us out. Which enemy of progress took the torture away from the men and left it just to us after Elizabethan times? OK, sure we were squeezing ourselves into corsets but they also had to sweat under wigs, have porcelain face beats and I know I saw kitten heels in those paintings of the dudes. Now the worse they have to deal with is a kick and *boboza*, and let’s face it, corns are nothing compared to a bad back and bunions.

So my petition is thus: Free the *mkhaba*! No longer will we be subjected to shame and unsolicited advice on how to lose our belly fat. All these damn pop-ups. TikTok videos on weird things we must eat and drink – we stop enjoying food and lose consciousness but the *mkhaba* chills there, with our belly buttons teasing us with that ‘what are you trying?’ pout. In fact, when I have tried all these tricks all that changes is my *mkhaba* looks sad. Most of the time it just looks nonchalant, like the one part of me that feels entitled to be there.

Yeah, sure I can go exercise. But that damn thing will make you feel like it is only hiding while you attack it and then comes out when you are sleeping. Trust me, at the ripe age of 43 and being firmly off the market, I have no need for a flat stomach. You will not catch me in a crop top. Or a shoelace bikini. So, could all the flat-stomach ladies leave the chat while us proud belly bulge carriers hit the streets in favour of letting us also enjoy the praise that our male counterparts get.

Viva to the *mkhaba* representing our hormonal victories, childbirthing adventures and the good life of carbs and cognac that has brought us our championship belts! Rub that belly, thank it for all it has endured under your care. Viva *mkhaba* viva!



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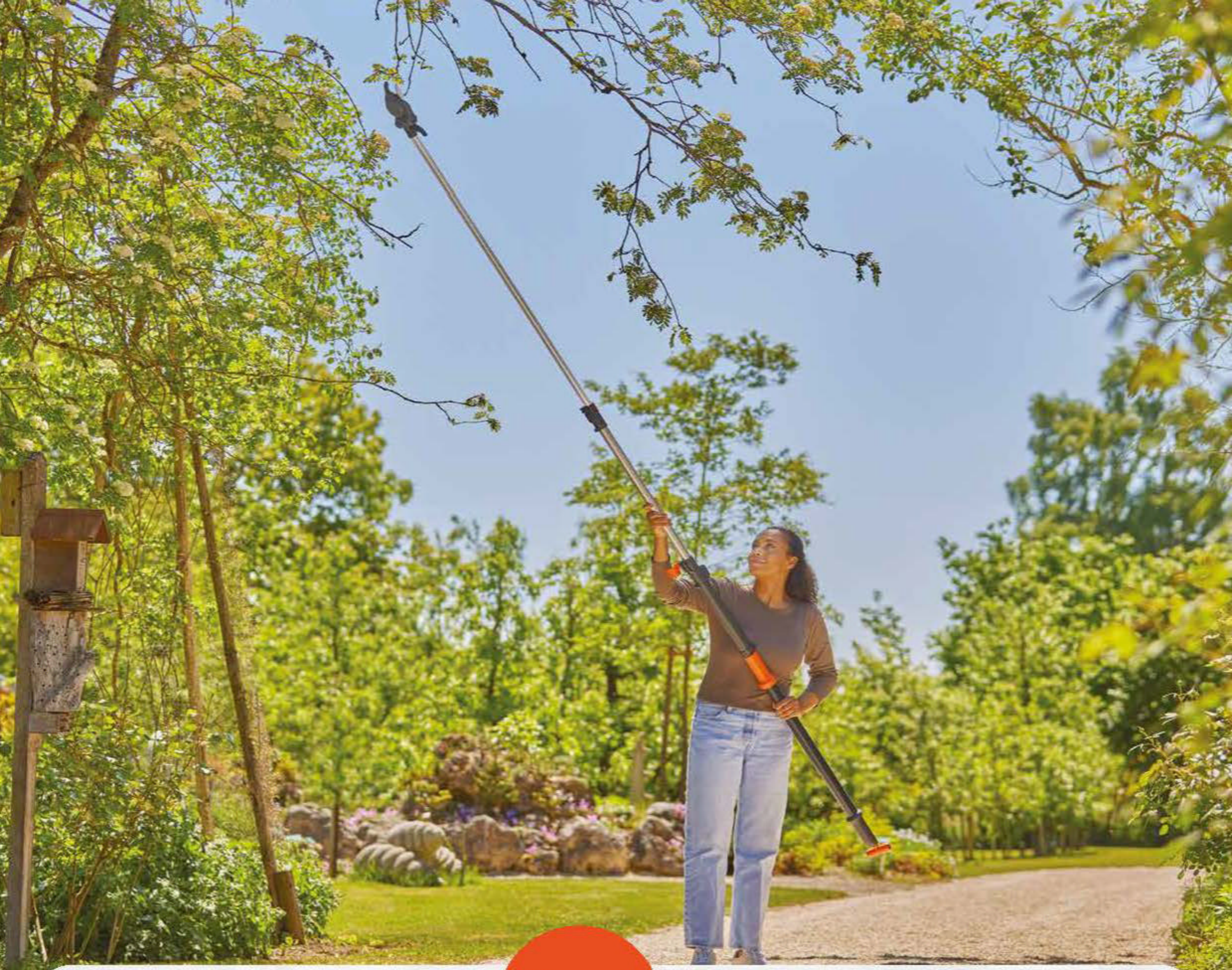

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